SAVE - TIME, MONEY & MISTAKES

Specific Carbohydrate Diet
QUICK START GUIDE

Learn How to Properly Start SCD and Get Digestive Relief Fast!

SCD Lifestyle
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Congratulations! You just took an extremely important first step to getting relief from your digestive problems. Regardless of what your diagnosis is, the Specific Carbohydrate Diet (SCD) will help you. After helping over 10,000 people I can assure you that SCD works. Everyone has a custom version of SCD and if you have any of the following problems, creating a custom version of SCD will begin your health recovery:

- Crohn’s Disease
- Ulcerative Colitis
- Celiac Disease
- Irritable Bowel Syndrome
- Fructose Malabsorption
- Multiple Food Allergies
- Bacteria Overgrowth (SIBO)
- Yeast / Candida Overgrowth
- Multiple Food Allergies
- Constipation
- Chronic Diarrhea
- Leaky Gut
- Other Autoimmune Problems

What you’ll find in the following pages is an actual chapter from our book. We remember exactly how it felt to suffer from painful bathroom sessions, awful gas, horrible cramping, fatigue, and the depression of knowing life isn’t supposed to feel so bad. We were so excited after reading Breaking the Vicious Cycle; but completely confused about what to do next. That’s why we’ve created our book, to make starting the SCD the easiest decision you’ve ever made for your health!

We sincerely want to thank you for downloading this guide and congratulate you on starting your path to digestive health. Please feel free to reach out to us and share your success, ask questions, or even just say “Hi”. The best place is on our Facebook page.

This just the first step in your journey, we have so much more to share with you! From progressing through the new foods and managing your emotions, to taking the proper supplements and what to do if things go wrong… we’ve got you covered.

When you’re ready for Step 2, and faster relief of your symptoms… Click Here to find out how to get our complete SCD Lifestyle Package.

In Good Health,

Jordan and Steve

P.S. – If this free guide helps you, stop by and Like us on Facebook!
Chapter 3: Start the Diet and Start Healing

You’re about to learn why the Intro Diet is so important to your healing process, how to do the Intro Diet step-by-step, and then how to properly transition out of the Intro Diet. Skipping any of these steps will greatly reduce your chances of creating a stable foundation for properly healing your digestion. The internet is full of people who skipped these crucial steps and ended up starting over after several months of not feeling better. My goal is to make sure you don’t waste your time and energy like we have seen so many do.

If you use the techniques I’m about to explain, you will get relief from your diarrhea, constipation, acid-reflux, gas, indigestion, bloating, and fatigue faster. You will also get the benefit of knowing that you are addressing your digestive problems in a specific way that will create a new bacteria balance in your digestive tract and allow you to rebuild your diet and your body.

Said more simply, you will have the peace of mind that you did everything in your power to take control of your health the right way. You will have the proper base for rebuilding your diet, rebalancing your digestive bacteria to accelerate your healing, and reducing inflammation in your body so it can start to heal.

Here’s Why

The vicious cycle is the process that Elaine Gottschall identified as the root problem that is currently causing the diarrhea, constipation, acid-reflux, gas, indigestion, bloating, fatigue and many other digestive symptoms in your body. She describes it in full detail in Breaking the Vicious Cycle. I fully recommend you buy her book so that you can completely understand the science behind the SCD diet. I will give you a brief overview here because I think it’s important that you understand what you are up against.

The vicious cycle, in simple terms, is a process in which damage to your intestines causes improper food digestion which leads to bacteria overgrowth (too much bacteria). The bacteria release waste products after eating the undigested food that your body didn’t absorb. These wastes commonly
affect the brain, stomach, intestines, and many other body organs. They cause even more damage to the intestines and the cycle continues, giving you even worse diarrhea, constipation, gas, indigestion, fatigue, and all the other digestive problems controlling your life.

I think it is important that you really understand a few key concepts here, the first being that your intestines are damaged. The initial reaction to damage in the intestines is for the entire area to become inflamed as your body tries to protect against the damage. This response is the same as when you sprain your ankle: your body surrounds the damaged ankle with fluid to protect it, which causes inflammation (swelling).

The second key concept is that because your intestines are now inflamed, they are not working properly, which makes it really hard to absorb nutrients from the food you eat. When your body is not properly absorbing the food you eat, the bad bacteria step in, thriving on the undigested food particles. As they feed on these particles, they release all kinds of gases and toxins that create even more inflammation and cause the stomach pain, bowel movement inconsistency, and gas that we talked about above.

As you can see, the process is quite complex, and in order to solve it we must address several factors all at the same time. What happens if we only address one issue and leave the others untouched? Let’s go back to the swollen ankle idea. In order for the ankle to heal, the first thing that has to happen is the inflammation must stop. That’s why the first thing you do for a sprain is put ice on it to reduce the swelling. If the swelling goes down enough, then the body can get extra blood cells and nutrients to the ankle so it can slowly repair the damage caused by the sprain. What if you continue to walk on your ankle, even if you periodically apply ice? In that case, no healing is going to take place because you continue to cause more damage and more inflammation. This is important to understand because this is the same thing as doing 95% of the SCD instead of 100%. It’s just not enough to do almost everything right.

So what if you eat 100% SCD-legal but don’t do the Intro Diet? Returning to the example above, it’s like continuing to walk on a sprained ankle without reducing the inflammation first. You may be able to limp along for a while, and maybe your ankle will heal after many months, but it is not guaranteed, and it will take much longer than if you had taken all the proper steps.
So What Makes It All Work?

Now that you have a basic understanding of the vicious cycle that is causing your digestive suffering, I want to explain the history of the basic diet, or Intro Diet, and why it is so vitally important to healing your gut. Here is the history of how this amazing technique was discovered.

While Elaine was doing research for the SCD diet, she discovered a specialized medical diet called the Elemental Diet\(^1\). The Elemental Diet requires the use of a feeding tube to provide a patient with easily-digestible sugar (glucose) and some fats. This corrected poor absorption (malabsorption) in the intestines quickly and efficiently, relieving the symptoms of ulcerative colitis and patients with Crohn’s disease\(^2\). In the 1970s and 1980s, over 600 scientific publications appeared showing the effectiveness of the Elemental Diet\(^3\). The problem with this diet is that because it is administered with a feeding tube, patients cannot stay on it very long. However, Elaine wisely took the scientifically proven principles from the Elemental Diet and created the basic diet, or Intro Diet.

She realized that in order to start healing correctly, most people needed an intervention type of diet, similar to the Elemental Diet, that would rebalance the gut flora (bacteria) and reduce inflammation in a matter of days. By eating the Intro Diet foods, which are essentially the same as the Elemental Diet, you stop feeding the overgrown bad bacteria and provide an ample supply of nutritious vitamins and minerals to your body. Elaine was smart, and took the Elemental Diet one step further by realizing that you must fight the inflammation at the same time. To do this, Elaine figured out a one-two punch to reduce the harmful inflammation. Remember that inflammation is one of the main factors that cause diarrhea, constipation, bloating, and gas.

The first punch for reducing the inflammation is to eat only easily-digestible foods that are thoroughly cooked and will not cause any more harm in your digestive tract. If you remember from above, in the Elemental Diet patients were fed a liquid diet. This removed the first step of digestion – chewing. By delivering the food already broken down into very small pieces, most of the digestion work that is done in the mouth and stomach was already taken.

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2. [http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1441790/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1441790/)
3. [Breaking The Vicious Cycle – Page 2](http://www.newtreatments.org/scdietproof.php)
care of. In order to mimic this approach as closely as possible, we advocate that you start eating your well-cooked vegetables and fruits in puréed form. This is the only way to guarantee that your food is in its easiest-to-digest state.

The second punch is to flood the body with natural anti-inflammatory vitamins and minerals such as those found in bone broth soups. Together these ideas create an effective dietary intervention that works to break the vicious cycle.

We took Elaine’s basic diet and made it into what we call the Intro Diet. We’ve eliminated dairy during the Intro Diet, as it has been proven that dairy intolerance is prevalent for people with digestive disease especially those with celiac disease⁴. We’ve also taken the time to lay out meal plans and cooking instructions to make sure you know exactly what you need to eat and how to cook it.

If you want to start healing your digestive symptoms properly, you must eliminate overgrowth of bad bacteria (pathogens), eliminate foods that promote inflammation, and give your body the proper anti-inflammatory compounds that will reduce inflammation quickly. By taking the following steps, you will properly stop the vicious cycle in your gut and prepare it to allow your body to start healing.

**How to Properly Start the Intro Diet**

All the steps you need to start the SCD Intro Diet are laid out in detail in this chapter. I have developed this process based on my own experience and those of others I have spoken with who started this diet. It is designed to maximize your efficiency in preparing the foods you need for the Intro Diet, allowing you to focus on pushing through to the transition to Phase 1. Having too many decisions to make often paralyzes us. The goal here is to eliminate that paralysis and provide a defined path for getting started.

It is vitally important that you follow this Intro Diet for only 2-5 days before transitioning to Phase 1. Those who stay on it longer find that they experience excessive fatigue and get just plain sick of eating the same thing

over and over. This is not necessary. The main objective is to starve out the pathogens and cleanse your system before moving on.

Beyond the 2-5 day timeframe, it is completely at your discretion when you want to move forward into Phase 1. Listen to your body. If your die-off symptoms begin to clear up (die-off is good, but more on that later), and you already feel a change or a slowing in your bowel movement activity, then it is a good time to move on. If your experience is exceptionally tough and you have symptoms for some time, then stay on the Intro Diet for all 5 days before moving on to Phase 1, but no longer than that. **Bottom Line: Do the Intro Diet for 2-3 days unless things are really intense for you. If so, then stay on it all 5 days. Then move on to Phase 1 (Chapter 4).** The phases are similar to the Stages that were created by pecanbread.com. They are not required if you feel confident adding foods at your own discretion, however they worked for me and for the people I’ve helped by prioritizing foods by their ease of digestion!

**The Basic Diet Versus the Intro Diet**

Whereas Elaine includes dry curd cottage cheese, yogurt, and cheesecake in her basic diet, my Intro Diet plan is dairy-free. It has been my experience that most people are at least slightly intolerant of dairy products (as with wheat) until further healing takes place; however, that is not always the case. The casein protein that is in dairy products is a very common intolerance for people with digestive diseases. The choice is yours, but I want to remind you again that I and many others who successfully used the SCD diet did not use dairy products at the beginning of the diet because of negative reactions to them. I’ve found it is better to first build a solid foundation of foods and achieve some new levels of healing in order to truly evaluate whether you react to dairy products. I have included a dairy Intro Diet, and if this is the route you choose, please go to Appendix 2 to get started. **Caution: Many people have dairy problems. I used and advocate a dairy-free Intro Diet, allowing you to achieve some healing progress before testing your reaction to dairy products. The choice remains yours.**

Alright, let’s get started! You have healing to do!

**Step 1:** First things first – grab the list on page 40 and go to the store. You have to pick up a few kitchen tools and the food necessary to get started.
The checklist on the next page covers everything you need. If you already have some of these items, then congrats, you just saved some money and you can check those off the list. Otherwise, find the best deals you can (not the most expensive or the best brand) on products that will serve the function of the items I have listed. There are also internet sources for popular SCD kitchen and cooking equipment. The tools are followed by a price range that you can expect based on some comparative shopping I have already done for you. The recommended capacities are just general guidelines; if you have a different preference that is fine. If you want to save even more money, start this process a week early and find everything online for a better price.

**Step 2:** Begin forcing yourself to drink a lot of water. It is important to be well-hydrated throughout the Intro Diet, so start the process early.

**Step 3:** Gluten and other grain proteins are very sticky (think cookie dough sticky). It is very important that you deep clean your counter surfaces and all the steel kitchen equipment you intend to use to make sure you’re not going to contaminate your foods. Do not use old wooden utensils, Teflon pans, or plastic food containers, because it is next to impossible to remove the old grain proteins from the cracks and crevices in these materials. Designate counter space in your kitchen as the “SCD Counter” and encourage other people to stay away from it with foods that are not SCD-legal.

**One note here before you head to the store:** The meat on this list is subject to your own discretion. If you want to try other meats to provide a balance with your chicken soup servings, you can substitute any of the following: broiled salmon, roasted turkey, broiled chicken breast, or roasted pork tenderloin (see Chapter 5: How to Cook meat the SCD Way on page 74). Elaine never mentioned pork or turkey as part of her basic diet, just chicken, beef, and fish, so keep that in mind while making your selections. Otherwise follow the detailed step-by-step process below. Alright, let’s go!
First Trip to the Grocery Store Checklist

- 2 large stainless steel pots (3-6 quarts, approx. $50)
- Food processor (8 cup capacity is good, preferably one with two processing blades, approx. $40)
- 1 or 2 (so you have an extra around) steel swivel peelers (approx. $10)
- 1 6-8 quart slow cooker (approx. $40)
- 2 food container kits of assorted sizes (approx. $20 each)
- 1 small, fine-mesh steel strainer (approx. $4)
- 1 pair of metal kitchen tongs (approx. $10)
- 2 lbs. of organic carrots
- Natural sea salt
- 4 lbs. of organic chicken breasts/thighs (no natural flavoring or broth added)
- 2 lbs. of ground beef (90/10 sirloin if possible – it has less fat!)
- 2 dozen organic eggs
- 1 package of unflavored real gelatin (make sure the only ingredient is gelatin)
- 1 jug of Welch’s 100% Grape Juice (no sugar or calcium added)
- 2 onions
- Fresh parsley
- Fresh celery
**Step 4:** Good work. You now have everything you need to get started. **Go through and clean your new kitchen tools really well so you can get started preparing food.**

**Step 5:** You need to get the chicken soup started first:
- Take out your slow cooker and dump in the 4 lbs. of chicken thighs and legs, skin and all.
- Grab 10 carrots and peel them. To peel the carrots, hold them on one end and run your swivel peeler down the length of the carrot to remove a thin layer. Slowly rotate the carrot 360 degrees and peel around the carrot until you have done the entire surface. Switch the end you’re holding and finish off the part where your hand was before.
- Cut the discolored part off each end.
- Drop the 10 carrots into the slow cooker.
- Add two chopped onions.
- Add fresh parsley.
- Add a few chopped celery stalks.
- Sprinkle sea salt all over the carrots and chicken parts.
- Fill the slow cooker ¾ full with water.
- Set the slow cooker on high for 4 hours and write down what time you started it!
**Step 6:** You’re going to be making up a batch of peeled, cooked, and puréed carrots. The goal is to try to time these carrots to be done at the same time as the ones in the soup so that you can purée them all at the same time.

- Peel and prepare all the rest of the carrots as for the soup.
- Cut each carrot into one-inch sections (helps them cook faster).

- Drop them all into a large pot and fill it ¾ full with water.
- Put it on the stove on medium heat.
- Write down the time they started.

**Note:** On average, the carrots take about 4 hours to cook on the stove in mildly boiling water on medium heat. It is very important that you check on them every hour or so and add more water to the pot. If you fail to do this, the water will boil down and the carrots will burn! The smell is worse than the fact that you have to make new carrots all over again – trust me!

**Step 7:** Now you’re going to make a large batch of gelatin. It is going to be an unbelievable snack during your time on the Intro Diet.

- Grab a larger food container (at least 8 cup capacity) and pour in 1 cup of cold water.
- Put in 4 packets (1 tablespoon each) of gelatin.
- While the gelatin is dissolving for a few minutes, heat 3 cups of water to a rolling boil (use the microwave to save time) and pour it into the bowl while it is still rolling.
- Stir everything really well until the gelatin is well dispersed.
- Pour in 4 cups of the Welch’s 100% Grape Juice.
- Mix the juice in well.
- Place it in the refrigerator to set up.

**Step 8:**
- Stir your chicken soup.
- Add water to your boiling carrots and stir them well.

**Step 9:** You’re going to get some burgers going in the broiler section of your oven. Broiling is cooking under the flame or heating element, rather than over it. I like to start by making all the beef burgers, since you will be rotating these in with a healthy dose of chicken soup to keep things lively.

**Note:** Another option, especially when preparing the Intro Diet for a child, is to make all the ground meat into little meatballs rather than burger patties. The same instructions apply; just make smaller balls of meat. These are great to add to the chicken soup or to mix in with eggs in the morning for breakfast. You can also make both burger patties and little meatballs to experiment with each.

- Preheat the oven to the broil setting.
- Get out the broiler pan.
- Form burger patties and/or meatballs with the ground beef.
- Fit as many of them on the broiler pan as you can and put the rest in the refrigerator for later.
- Place the broiler pan on the broiler rack and write down what time they went in. These don’t take very long, so we’re going to concentrate on not burning them. Watch them closely for decent browning, usually about 5-7 minutes on each side, depending on thickness.
- Turn them over to cook the other side until brown (another 5-7 minutes). The goal is to only flip them once to keep the moisture locked in.
- Cut into one or two to make sure they are cooked well all the way through.
- Take them out, put them in a large food container, and put them in the refrigerator.
- Take out the uncooked ones you put in the refrigerator earlier and cook the second round while the oven is already cranking.
- Add those to the food container in the refrigerator when they are completely cooked.
**Step 10:**
- Add more water to your boiling carrots and stir them.

**Step 11:** By now the chicken soup has been cooking for 3 hours and needs some maintenance. We’re going to remove the parts of the chicken we don’t want.
- Get out a plate and some tongs.
- Pull out each piece of chicken one at a time, and use a fork and a knife to scrape the skin off the chicken.
- Once the skin is cleared, cut all the chicken off of the bone and dispose of the skin, bones, and cartilage.
- Run the soup through a strainer to remove the parsley, celery, and onion (they add great flavor to the soup, but are very fibrous and difficult to digest during the Intro Diet).
- Add the chicken meat back into the soup.
- Stir everything well.

**Step 12:**
- Add more water to your boiling carrots and stir them.

**Step 13:** We’re going to remove the fat from the soup. It is hard to digest and not necessary for the Intro Diet.
- With a large spoon skim off the layer of fat that is forming on top of the soup (the fat isn’t forming a hard layer yet, but it will be a
layer of oil on top of the water). Do this once, let it sit for a moment, and then do it again to remove as much fat as possible.

- Cook for another hour just to get everything nice and broken down.

**Step 14:** Now it is time to purée the carrots that have been boiling.
- Take a fork and stab the carrots. If they are ready, the fork should pierce through with no problem and almost make the carrot fall apart if you try to lift it out. If they are not done, let them cook for another half an hour and keep checking. Otherwise it’s time to purée everything, starting with the carrots in the chicken soup.
- Pull out all the carrots from the chicken soup and put them on a plate.
- Cut them up into 1-inch sections.
- Fill your food processor about ¾ of the way with carrot chunks.
- Add about a ½ cup of water to the food processor (it helps break down the carrots).
- Run the food processor for about a minute until you don’t see any more chunks left.
- Add the puréed carrots back into the soup and stir it up really well.
- Follow the same process with your boiled carrots.
- Dump all the boiled carrot purée into a food container and put it into the refrigerator.

**Step 15:** Your chicken soup should be all set to go at this point. You can always leave it on low for a couple more hours to make sure everything is
cooked well or just put it in a container in the refrigerator. A fat layer will magically appear overnight which you will have to skim off in the morning.

Ok, take a break and spend some time relaxing the rest of the evening to get ready for Day 1. Make sure you have written out your SCD commitment, and read over it again. Try to get eight hours of sleep so that you’re well rested. Remember to stay hydrated. **Bottom Line: Tomorrow is the first day on your road to healing. It’s like Christmas Eve… be excited. The hard part is over now that you have taken action!**

**The Intro Diet Sample Menu**

When you wake up on the morning of Day 1, feel good about the fact that you have almost all of your meals prepared in your refrigerator. Remember the tip from the beginning of the book? Read your commitment again and write a number 1 on the back of your hand… the first day of healing starts now.

The following menu is a sample of how you could eat your meals during the 2-5 day Intro Diet. If you feel like you may be reacting to eggs, or you’re worried about it, just don’t eat them – better to avoid them than deal with an egg reaction. If you can’t do eggs, don’t panic. Just eat your meat for breakfast. It’s weird at first, but you will get used to it.

Be cognizant of your reactions to foods. Some people find that they react to gelatin, for example. Keep this in mind during the Intro Diet. If you think you’re still having diarrhea from something you’re eating, try eliminating the grape juice first, then the carrots (replace with another Phase 1 or 2 veggie). It’s all trial and error in the beginning. The grape juice is very high in sulfites, a preservative that is used to keep the juice fresh. If you think you might be reacting to the grape juice, the sulfites might be the culprit, or
the high sugar content, so keep that in mind while you push through the Intro Diet.

This is meant to be a guide – mix and match and swap in other options where you feel like changing it up (like salmon or mahi mahi). Just remember that the chicken soup is the pillar of the Intro Diet – eat that as frequently as you can. If at any time you run out of any one food, just make more. You should get faster and faster each time you prepare it. **Remember: Skim the top layer of fat after it has been chilled in the refrigerator. It will make it much easier to digest during the early going.**

**Day 1:**
- **Breakfast:** Eggs (hard-boiled is best, then poached or scrambled with nothing added to the pan), grape gelatin, and if you’re still hungry, a meat patty (or meatball)
- **Lunch:** Chicken soup, meat patty, and grape gelatin
- **Dinner:** Chicken soup, puréed carrots, meat patty, and Welch’s 100% Grape Juice diluted 50/50 with water

**Day 2:**
- **Breakfast:** Eggs (cooked differently than Day 1), grape gelatin, and a hot mug of chicken soup broth if you’re still hungry
- **Lunch:** Meat patty heated up in a bowl of chicken soup, and grape gelatin
- **Dinner:** Chicken soup, puréed carrots, meat patty, and Welch’s 100% Grape Juice diluted 50/50 with water

**Day 3:**
- **Breakfast:** Eggs (again, a different cooking method than the day before), grape gelatin, and a hot mug of chicken soup broth if you’re still hungry
- **Lunch:** Meat patties with puréed carrots to dip them in, and Welch’s 100% Grape Juice diluted 50/50 with water
- **Dinner:** Chicken soup, puréed carrots, and grape gelatin

**Day 4:** (not many people need to be on the Intro Diet beyond 3 days, but it’s here if you feel you need it)
- **Breakfast:** Chicken soup and Welch’s 100% Grape Juice diluted 50/50 with water
- **Lunch:** Scrambled eggs with grape gelatin on top of a meat patty
- **Dinner:** Chicken soup with a meat patty heated up in it, and puréed carrots

**Day 5:**
- **Breakfast:** Two meat patties with grape gelatin
- **Lunch:** Chicken soup and puréed carrots
- **Dinner:** Chicken soup, meat patty, and Welch’s 100% Grape Juice diluted 50/50 with water

If you start to get sick of eating meat patties, turn to Chapter 5: Learning to Cook Meat SCD Style on page 74 to review how to broil some salmon or cod. It will provide a nice mix to the dinner menu and give you some great nutritional value. Use this menu as a good reference for how to mix and match the Intro Diet, but just eat what sounds good to you. Forget about what you used to eat for breakfast. Breakfast foods are going to be much different from here on out, as you will sometimes be eating soup or meat patties instead of the eggs or cereal that you were used to in the past.

**How to Make Sure You’re Eating Enough**

The menu laid out above is missing one crucial piece of information – calories per meal. This was done on purpose because every individual’s calorie requirement is different. Understanding your specific calorie requirement is important to weight loss, hunger and energy. It’s not necessary to figure this out before you start the Intro Diet, but it is a worthwhile exercise for some point during the first month of the diet. For people who have a specific fear surrounding this issue it will be very reassuring in the beginning of the diet to know that you are eating the right amount of calories.

The first step is to determine approximately how many calories you need. The quickest and easiest way to do this is by using online calorie calculators. Please note that these calculators are only an estimate, and have built-in variance, usually between 10 and 20 percent. Below are several useful calculators. Entering your stats into several and taking the average is the best approach.

After you’ve established the approximate range of your calorie needs, such as 2200 per day, the next step is to weigh and measure your foods and record them in a journal (or get a free account at http://www.fitday.com). You’ll need a small food scale. There is no need to invest in an expensive one unless you want to – the cheapest available will do just fine. The goal here is not to measure every piece of food exactly but to get a good estimate to help you learn the difference between a 4 oz. piece of meat and an 8 oz. piece of meat.

I recommend that you try measuring and weighing your food for at least one week to get a better understanding of portion sizes and their corresponding calories. If at any point later in the diet you want to add weight or reduce weight, it is useful to repeat this exercise until your goals are met.

If you haven’t been eating enough to meet your calorie requirement, you can modify your approach. For instance, you can eat more at each meal, eat 4 to 6 meals a day instead of 3, or increase your meat portion size. Remember that your stomach has been trained to receive a certain volume of food all your life, and that volume may have been made up of processed foods, which are significantly higher in calories than a corresponding volume of natural foods. Most people can expect to have an adjustment period when they feel like they are eating way too much natural food just because of the volume. Tracking your caloric intake is a way to reinforce the idea that you need to maintain or even increase the amount of food you’re eating and to alleviate any fears about wasting away or not getting enough calories on the SCD diet.

**Expect Cravings**

For most people starting the Intro Diet, it’s going to be the first time in a long time that you won’t be eating your standard diet of processed foods. Your body and mind are so used to receiving those foods that when you suddenly remove them, cravings are sure to pop up. Sugar is especially powerful, so be prepared if you have been a life-long candy or chocolate lover. You are likely to experience some withdrawal symptoms. These cravings can come at any time, and sometimes will be for foods or vices that
you’ve never thought of as appetizing. The trick is to hang tough and realize that this is all part of the normal detoxification process that your body must go through to make the successful transformation into the new healthy lifestyle that you are visualizing. To beat the cravings, call your success partner or rewrite and fully live out your new definition of healthy. The cravings will pass. Think of this as a short-term challenge in which self control and willpower will be rewarded handsomely.

**What is Die-Off?**

It is very important that you understand what die-off is and how it will affect you during your recovery. To review, the goal of the Intro Diet is to kill off any bad bacteria in your system and reduce inflammation as fast as possible. This is where die-off comes into play. Die-off is a normal, positive sign of healing, and to be expected. In other words, for a short time your symptoms are expected to get worse before they get better.

Die-off is a term that was created to describe the Herxheimer reaction. A Herxheimer reaction happens when the body is detoxing and cannot properly process all of the toxins in the body. When the toxins overwhelm the body’s available resources to get rid of them, you begin to experience side effects. These side effects are different for each individual but usually include flu-like symptoms: body aches, headaches, fever, nausea, vomiting, diarrhea, brain fog, etc.

Toxins are released into the body when bad bacteria (pathogens) die in your digestive tract. The average person with digestive problems has to kill off quite a few pathogens to begin healing. Your body will be working overtime to process these toxins out. The pathogens will also try to trick you into eating illegal foods by creating intense sugar cravings, but you won’t give in because you are willing to do anything to get better, right? Your experience may vary substantially from that of others. Some experience no reactions but it will all depend on the level of damage in your system. Don’t forget that the reaction you’re having is a good thing. We don’t want the bad guys inside you anymore and they will do anything to stay alive!

Push through any die-off reactions you may experience. Keep in mind that it is a positive thing that is happening, because it means you’re getting better. Once you begin to feel better, usually around the end of Day 2 or 3,
Some tips for easing the die-off experience:

- Take Epsom salt baths (use 1 cup of salts at first, but no more than 2 cups). It’s important to hydrate well when taking Epsom salt baths because they are very dehydrating.
- If your stomach is hurting, mix up a batch of ¼ teaspoon of baking soda, ¼ teaspoon of sea salt, and 1 quart of hot water (stirred well) to balance the PH level in your stomach. Drink a cup at a time. It really helps a lot!
- Sleep! It will pass the time and rest your body as it works overtime to process out the toxins being released by the demise of the bad guys.
- Force yourself to drink a lot of water to help your body flush the toxins.
- Call your SCD success partner, tell them how you feel, and remember that this is a necessary and important step. It always helps to talk to someone about your experience, even if they haven’t been through it.

Congrats! You have successfully started the SCD diet! Now move on to the next chapter to understand how you will transition into Phase 1 of the diet.

**Key Points**

Here’s what to do right now to properly start the SCD Intro Diet and begin healing your digestive system to eliminate your diarrhea, constipation, stomach pain, gas, and fatigue.

**First**, print out the shopping checklist on page 40. Take it into your kitchen and mark off any kitchen tools you already own. Then either use our links and order what you need or go to the nearest supermarket and buy what is on the list.
**Second,** pick the day you are going to prepare all your food that you just bought using the Intro Diet steps. I recommend doing it on a Saturday so that you start the diet on a Sunday.

**Third,** the Intro Diet is only to be followed for 2-5 days, so use the sample menu to start with and feel free to make changes if your taste buds desire something else.

**Fourth,** prepare for the die-off but stay positive. Remember that die-off is a necessary step for you to get healthy. Most people experience a range of symptoms from body aches, brain fog and fatigue to insomnia and nightmares, but this is a necessary step. If you start to experience these symptoms, it is actually a positive sign that the Intro Diet is working. Use the techniques I gave you on page 51 to help cope with the symptoms.

**Fifth,** make sure you properly transition into Phase 1 of the diet. You do not want to have to do the Intro Diet again and properly starting the rest of the diet will make sure you don’t waste all of the hard work you’ve done during the Intro Diet.
Thanks for reading this chapter from our book. Now it is time to get started! Go back up and print off the shopping list and take control of your health today!

If your head is spinning, come join us on Facebook and let us know what’s going on.

If you’re ready to naturally stop your symptoms and restore your freedom then you need to get a copy of our book. We take you by the hand and show you, step-by-step, how to be successful. You’ll learn psychological techniques to beat cravings, exactly *how to troubleshoot* setbacks, and the best way to introduce new foods so they don’t trigger symptoms. Not only that, but we include our recommendations for supplements you might need and where to find them.

Skeptical?

Who isn’t in this day and age? That’s why you get 365 days to try our stuff out and if you’re not happy for any reason just ask for your money back. We stand behind our work!

Click here to learn more

Visit [http://scdlifestyle.com](http://scdlifestyle.com) for more FREE information on healing digestive problems including SCD, supplements, and lifestyle changes.

In Good Health,

*Jordan and Steve*

P.S. – Hope to see you on Facebook :-)