

# Introduction Diet

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Gut and Psychology Syndrome

The Introduction Diet is designed to heal and seal the gut lining quickly. It achieves this aim by providing three factors:

- Large amounts of nourishing substances for the gut lining with easy-to-digest substances
- Removing fiber and inflammatory agents that are irritating to the gut lining and may interfere with the healing process
- Probiotics (beneficial bacteria) to repopulate and diversify the microbiome

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## **EVERY MORNING**

Start the day with a cup of still mineral or filtered water. Give your patient the probiotic. Make sure that the water is warm or room temperature, not cold, as cold will aggravate his or her condition.

*Only foods listed are allowed: your patient must not have anything else. On the First Stage the most drastic symptoms of abdominal pain, diarrhea and constipation will quickly subside. If, when you introduce a new food, your patient gets back diarrhea, pain or any other digestive symptoms then he/she is not ready for that food to be introduced. Wait for a week and try again. If you suspect an allergy to any particular food, before introducing it do the Sensitivity Test.*

## **SENSITIVITY TEST**

Take a drop of the food in question (if the food is solid, mash and mix with a bit of water) and place it on the inside of the wrist of the patient. Do it at bedtime. Let the drop dry on the skin, and then let your patient go to sleep. In the morning check the spot: if there is an angry red reaction, then avoid that food for a few weeks, and then try again. If there is no reaction, then go ahead and introduce it gradually starting from a small amount.

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## **STAGE 1**

### **Homemade meat or fish stock**

Meat and fish stocks provide building blocks for the rapidly growing cells of the gut lining and they have a soothing effect on any areas of inflammation in the gut. That is why they aid digestion and have been known for centuries as healing folk remedies for the digestive tract. Do not use commercially available soup stock granules or bullion cubes, they are highly processed and are full of detrimental ingredients. Chicken stock is particularly gentle on the stomach and is very good to start from. To make good meat stock you need joints, bones, a piece of meat on the bone, a whole chicken, giblets from chicken, goose or duck, whole pigeons, pheasants or other inexpensive meats. It is essential to use bones and joints, as they provide the healing substances, not so much the muscle meats. Ask the butcher to cut in half the large tubular bones, so you can get the bone marrow out of them after cooking. Put the bones, joints and meats into a large pan and fill it with water, add natural unprocessed salt to your taste at the beginning of cooking and about a teaspoon of black peppercorns, roughly crushed. Bring to boil, cover and simmer on a low heat for 2.5-3 hours. You can make fish stock the same way using a whole fish or fish fins, bones and heads. After cooking take the bones and meats out and sieve the stock to remove small bones and peppercorns. Strip off all the soft tissues from the bones as best as you can to later add to soups or encourage your patient to eat all the soft tissues on the bones. Extract the bone marrow out of large tubular bones while they are still warm: to do that bang the bone on a thick wooden chopping board. The gelatinous soft tissues around the bones and the bone marrow provide some of the best healing remedies for the gut lining and the immune system; your patient needs to consume them with every meal. Take off all the soft tissues from fish bones and heads and reserve for adding to soups later. The meat or fish stock will keep well in the fridge for at least 7 days or it can be frozen. Keep giving your patient warm meat stock as a drink all day with his meals and between meals. Do not use microwaves for warming up the stock, use conventional stove (microwaves destroy food). It is very important for your patient to consume all the fat in the stock and off the bones as these fats are essential for the healing process. Add some probiotic food into every cup of stock (the details about introducing probiotic food follow).

### ***Homemade soups with your homemade meat or fish stock.***

Please look for some recipe ideas in the recipe section of Gut and Psychology Syndrome and the Heal Your Gut cookbook. Probiotic foods should be added into every bowl of soup your patient eats. (Details on introducing probiotic foods to follow) Your patient should eat these soups with boiled meat and other soft tissues off the bones as often as he/she wants through out the day.

### ***Probiotic foods are essential to introduce right from the beginning.***

These can be dairy based or vegetable based. To avoid any reactions introduce probiotic foods gradually, starting from 1-2 teaspoons a day for 2-5 days, then 3-4 teaspoons a day for 2-5 days and so on until you can add a few teaspoons of the probiotic food into every cup of meat stock and every bowl of soup. If your patient is ready to introduce dairy, then use your homemade yogurt or kefir. If dairy is still out [by results of sensitivity test or negative reaction when introducing it], then into every cup of meat stock or soup add juice from your homemade sauerkraut, fermented vegetables or vegetable medley (please look in the recipe section of the book). Make sure that the food is not too hot when adding the probiotic foods, as the heat would destroy the beneficial probiotic bacteria.

### ***Ginger tea with a little honey between meals.***

To make ginger tea, grate some fresh ginger root (about a teaspoonful) into your teapot and pour some boiling water over it, cover and leave for 3-5 minutes. Pour through a small sieve and add honey to taste (optional).

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## **STAGE 2**

### ***Continue with Stage 1.***

*Keep giving your patient the soups with bone marrow, boiled meats or fish and other soft tissues off the bones. He or she should keep drinking the meat stock and ginger tea. Keep adding some probiotic food into every cup of meat stock and every bowl of soup: juices from sauerkraut, fermented vegetables or vegetable medley, or homemade kefir/yogurt.*

### ***Add raw organic egg yolks.***

It is best to have egg yolks raw added to every bowl of soup and every cup of meat stock. Start from 1 egg yolk a day and gradually increase until your patient has an egg yolk with every bowl of soup. When egg yolks are well tolerated add soft-boiled eggs to the soups (the whites cooked and the yolks still runny). If you have any concerns about egg allergy, do the sensitivity test first. There is no need to limit number of egg yolks per day, as they absorb quickly almost without needing any digestion and will provide your patient with wonderful and most needed nutrition. Get your eggs from a source you trust: fresh, free range and organic.

### ***Add stews and casseroles made with meats and vegetables.***

Avoid spices at this stage; just make the stew with salt and fresh herbs (look for a recipe of Italian Casserole in the recipe section of the book). The fat content of these meals must be quite high: the more fresh animal fats your patient consumes, the quicker he or she will recover. Add some probiotic food into every serving.

Increase daily amount of **homemade yogurt and kefir**, if introduced. Increase the amount of **juice** from **sauerkraut, fermented vegetables** or **vegetable medley**. Look in recipe section for vegetable medley.

Introduce **fermented fish**, starting from one piece a day and gradually increasing. Look for recipes in recipe section.

Introduce **homemade ghee**, starting from 1 teaspoon a day and gradually increasing. Look for recipe in recipe section.

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### **STAGE 3**

#### ***Add ripe Avocado.***

Mash into soups, starting from 1-3 teaspoons and gradually increasing the amount.

#### ***Add pancakes, starting from one pancake a day and gradually increasing the amount.***

Make these pancakes with three ingredients: 1) organic nut butter (almond, walnut, peanut, etc.) 2) eggs; 3) a piece of fresh winter squash, marrow or courgette (peeled, de-seeded and well blended in a food processor). Fry small thin pancakes using ghee, goose fat or duck fat. Make sure not to burn them.

#### ***Egg scrambled with plenty of ghee, goose fat or duck fat.***

Serve it with avocado (if well tolerated) and cooked vegetables. Cooked onion is particularly good for the digestive system and the immune system: melt 3 tablespoons of duck fat or ghee in the pan, add sliced large white onion, cover and cook for 20-30 minutes on low heat.

#### ***Introduce the sauerkraut and your fermented vegetables.***

Your patient has been drinking the juices from them for a while now. Start from a small amount, gradually increasing to 1-2 tablespoons of sauerkraut or fermented vegetables per every meal.

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### **STAGE 4**

#### ***Gradually add meats cooked by roasting and grilling (but not barbecued or fried yet).***

Avoid bits, which are burned or too brown. Let your patient eat the meat with cooked vegetables and sauerkraut (or other fermented vegetables).

#### ***Introduce cold pressed olive oil.***

Add to meals, starting from a few drops per meal and gradually increasing the amount to 1-2 tablespoons per meal.

#### ***Introduce freshly pressed juices.***

Start from a few tablespoons of carrot juice. Make sure that the juice is clear, filter it well. Let your patient drink it slowly or diluted with warm water or mixed with some homemade yogurt. If well tolerated gradually increase to a full cup a day. When a full cup of carrot juice is well tolerated try to add to it juice from celery, lettuce and fresh mint leaves. Your patient should drink the juice on an empty stomach, so first thing in the morning and middle of afternoon are good times.

#### ***Try to bake bread with ground almonds or any other nut and seeds ground into flour.***

The recipe (please look in recipe section of the book) requires only four ingredients: 1) nut flour; 2) eggs; 3) piece of fresh winter squash, marrow or courgette (peeled, de-seeded and finely sliced); 4) some natural fat (ghee, butter, goose or duck fat) and some salt to taste. Your patient should start from a small piece of bread per day and gradually increase the amount.

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### **STAGE 5**

#### ***If all the previous foods are well tolerated try to add cooked apple as an apple pure.***

Peel and core ripe cooking apples and stew them with a bit of water until soft. When cooked add some ghee to it and mash with a potato masher. If ghee has not been introduced yet add duck or goose fat. Start from a few spoonfuls a day. Watch for any reaction. If there is none gradually increase the amount.

#### ***Add raw vegetables starting from softer parts of lettuce and peeled cucumber.***

Watch your patient's stool. Again start from a small amount and gradually increase if well tolerated. After those two vegetables are well tolerated gradually add other raw vegetables: carrot, tomato, onion, cabbage, etc.

*If the juice made from carrot, celery, lettuce and mint is well tolerated, start adding fruit to it: apple, pineapple and mango. Avoid citrus fruit at this stage.*

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## STAGE 6

***If all the introduced foods are well tolerated try some peeled raw apple. Gradually introduce raw fruit and more honey.***

***Gradually introduce baking cakes and other sweet things allowed on the diet. Use dried fruit as a sweetener in the baking.***

Your patient may be able to move through the Introduction Diet faster or slower depending on the stool changes: let the diarrhea start clearing before moving to the next stage. You may have to introduce some foods later than in the program depending on his/her sensitivities. Make sure that you carry on with the soups and meat stock after your patient has completed the Introduction Diet at least once a day. After the Introduction Diet is completed and when your patient has more or less normal stools move on to the Full GAPS Diet.

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