

Moving Forward

So, was it that bad?

The resounding feedback we're hearing from everyone: No. As it turns out, avoiding gluten, dairy and sugar isn't that horrible. In fact, it can be delicious – we hope our myriad of recipes have proven this. But it's more than simply eliminating those three; it's about making your daily diet, your 'go-to' choices about whole foods. It's more about adding nutrient plants and smart protein and fat sources than it is about denying yourself anything. That is what we hope everyone takes. Having a smoothie? Add greens. Making a salad? Ditch the bottled dressing and make your own. Heading to the holiday even? Pass on the bread and starchy apps, fill up your plate veggies and lean protein – then see how you feel from there. It's about living in REAL life while making smart modifications.

So, you feel a lot better, huh?

We thought you would, and really it should come as no surprise. Give yourself a big pat on the back knowing that you didn't take the easy route. You felt tired and you didn't order a pizza. It was Sunday and you still prepped your food. Is this way of living sustainable forever? For many, yes! For others, you may want to take your favorite elements of this but also occasionally enjoy some foods you did in the past...the important thing is that you've learned to listen to your body better.

How to add things back in...if you do.

Let's say you hit up a pizza joint or cheeseburger the very day the program ends. What's the big deal? Well, if the next morning you wake up with a stomachache, digestion issues, or even a migraine – how are you going to know WHICH element of that meal was the biggest trigger? Could it be all gluten, dairy, and sugar? Yes, but it could also be just one of them. Do yourself a favor and do not nose dive back into all three at once!

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(continued)

Our suggestions for your next week

1 Try adding dairy back in first IF you feel like you are someone who handles it okay. The smartest choices are organic whole milk + plain yogurt – this tends to be the most easily digestible dairy. Milk in general is the toughest to tolerate. When it comes to cheese, organic, hard-aged cheeses tend to be easier to digest – softer cheeses (like brie) are a bit tougher. Additionally, some people do much better with goat or sheep milk/cheese than they do with cow's milk/ cheese.

- The ideal would be to try dairy first for 5-7 days
- We very much encourage you to buy organic in all dairy – the hormones found in commercial dairy can wreak havoc on the body.

2 Give dairy a good week if you can before experimenting with gluten (if you even want to add it back in – many people do not miss it!) The reason we suggest gluten second is because it can have more of a delayed reaction in people – taking a day or two to show up (some people it's right away) so doing it away from dairy can help you determine if you definitely do have a gluten sensitivity.

- Easiest to digest grains include anything 'sprouted' and simply utilizing whole grain items. Remember whole wheat does not = whole grain. Keep in mind all refined white and wheat flour generally will NOT be a smart option when trying to watch weight.

3 Sugar....we don't recommend it, period. We're sorry but that's what you're here for – and we're gonna be honest with you. It's not beneficial for any of us and the biggest contributor to inflammation, obesity and chronic health problems. Worst of all? It's highly addictive. Once you start it's hard to stop, so our recommendation? Move forward using the natural sweeteners you employed in the program.