

Stage 1

HEALING THE GUT AND SETTING THE FOUNDATION

PLUS you will be receiving a guide for Helpful Tips When Transitioning Picky Eaters and Getting More Nutrition Into Your Child's Diet.

FOODS YOU CAN HAVE

Organic poultry, grass-fed and grass-finished beef or lamb, line-caught wild fish, organic non-starchy vegetables such as broccoli and leafy greens, nuts (except peanuts), good oils like coconut oil, and organic extra virgin olive oil.

Gluten (wheat and wheat derivatives), casein (dairy), corn, sugar, soy, processed carbohydrates, monosodium glutamate, food coloring, bad oils such as vegetable, safflower, and canola.

FOODS TO AVOID

It all starts with diet, but diet alone is not everything. This helps to set the foundation that stabilizes the system for detoxification. The gut controls the brain & the immune system.

Today's action step:
Remove at least ONE of the bad
foods from your child's diet.



Get to a health food store in the next two days and purchase some activated charcoal to have on hand as a toxin binder, in case die-off symptoms arise or if your child is already exhibiting them.

Note: If your child is allergic to nuts then get one that is not a derivative of coconut such as [one like this](#).

Take away from food, if possible, and only take for about 4 days in a row then take a break for a few days or more.



Helpful Tips When TRANSITIONING PICKY EATERS

and Getting More Nutrition Into Your Child's Diet



BELOW ARE SOME TIPS TO HELP YOU TRANSITION YOUR PICKY EATER INTO A HEALTHIER DIET AND TO GET MORE NUTRITION INTO THEM

There are some powdered forms of nutrition to help calm and heal the gut too, such as collagen protein.

First it is helpful to calm the sensory overload

Sensory issues affect the mouth and how food feels. [Calm CBD Oil](#) before mealtime assists with calming and digestion. Also good to use anytime, day or night, to help with calming.

Additional Suggestions

With picky eaters, offer the reward system:

♥ A bite of something you want your child to eat for a bite of something they want to eat. ♥

Organic Bone broth, even just a tablespoon or two, can help to coat and begin mending the gut lining prior to eating and it has a protein and collagen content too. Test for any sensitivity first. Some people have histamine sensitivities to this. You can make your own (do not simmer for more than 4 hours or it builds histamines).

You can also purchase organic bone broth powders. Due to freshness, most online sites change their links to these products frequently so I've not added one here, but you can find them there or at a local quality health food store. You can also use collagen to coat and help heal the gut and it's a good protein source.





Some suggestions if you're needing help with instant nutrition due to low food or low nutritional intake:

- ♥ Deliciously flavored collagen powders are [available here at Perfect Keto](#). Use code **Karen** for **20% off** all Perfect Keto individual products (one-time use code.)
- ♥ **KetoBars** are really good protein bars. [Use this link](#) which will give you a one time coupon code emailed to you for \$10 off your next purchase.
- ♥ Pureed on-the-go nutritious foods from [Serenity](#).
- ♥ [Organic hemp powder](#) is easily tolerated in digestion and offers another way to get protein into your child. You can add it to smoothies or mix into any food or beverage. **This is the vegetarian option to protein** (vs collagen). If you're not vegetarian, then Collagen is a preferred choice due to its gut healing properties and it is a very good protein source.
- ♥ Natural sweetener allowed: [Organic green leaf stevia](#)

The diet changes can be challenging. Your child is addicted to the bad foods and so is the candida in their gut. As the candida 'dies off' it may release more toxins into their bloodstream causing further behaviors. To combat this, be sure you have binders such as **activated charcoal**.



Refer to the tips here to help with the transition. I know it's challenging. Do it slowly. It will be easier for both of you.

SMOOTHIE AND FOOD PROCESSOR IDEAS

During the candida phase of the diet we will reduce fruit to a minimum due to the sugar content, however, right now we're not going to be as concerned about them having a little fruit. We just need to get some nutrition in, and fruit can be a way to help do that in a smoothie. Just keep it to a minimum as best you can.

Adding just a tablespoon or two of collagen protein, bone broth, or some supergreens or hemp powder can help get some nutrition in too. Almond butter is also a nice addition for protein and good fats. Once the inflammation reduces and the gut begins to heal the picky eating gets much better. It happened for my own son and for many in this program but it does take some time to transition so just try and be patient and don't worry about it taking time. This is a process and we cannot hurry it up. Slow is good. Remember, there can be die off symptoms from diet changes, so the **activated charcoal** can help if you notice behaviors arise.

How To Hide Healthy Foods To Get Nutrition In and Foods You CAN Have

Anything can be added to a smoothie or a food processor to “hide” ingredients in. If your child will eat something that has a little fruit in it then give some in the beginning with other healthier foods. Include very small amounts (just a tablespoon or two will do) of anything with nutrition such as the powdered suggestions here and from the list of the foods you CAN have such as organic grass fed and grass finished beef, organic poultry, line-caught fish (never farmed), olive oil, coconut oil, almond butter, nuts (except for peanuts), cruciferous vegetables such as broccoli. Only give small amounts of high fiber vegetables right now, as their gut is weak and digesting fiber can cause discomfort.

TIP

If you add a protein food source to any of the good fats, (coconut oil, extra virgin olive oil, almond butter,) together they absorb more slowly in the digestive tract (better for nutritional absorption) and they keep us full longer.

Note: The OCD from PANS (to be discussed on day 3) can cause OCD around food too. Once PANS is worked with, picky eating often gets better.

