



A Dietary Approach to Reducing Symptoms and Healing the Gut Wall

The digestive tract is a complex environment which is designed to both feed us, and feed our microbiome, the collection of microorganisms that perform many processes that humans cannot do. It is supposed to be a symbiotic relationship between ourselves and our microbiome, but due to modern influences on our diets, the organisms that we are supposed to live with in harmony can overgrow into areas of the gut not normally colonized by bacteria and become imbalanced within itself. These changes create conditions that are the basis of many uncomfortable symptoms for the human owner.

This dietary intervention is designed to limit the amount of food available for bacteria, decreasing the populations and restricting their growth back to the distribution that is more normal. This diet is intended to be used for a limited period of time to correct the conditions, and then be followed up with a more appropriate diet for the individual. It is a staged diet. The intention is to start with the most restrictive phase in order to change the conditions in the gastrointestinal tract quickly, waiting to feel the abatement of symptoms, and then as symptoms calm, to introduce foods in the next stage.

Note that each phase is very specific about cooking and preparation methods and the particular foods to be added. There is no specific timeline for how quickly you can move through the other phases - you should proceed in a way that minimizes symptoms. Should symptoms flare with the addition of a food, remove that food, wait a few days, and try again.

Symptoms can reflect bacterial populations, or they can reflect the amount of damage done by the abnormal conditions that has been done over time. This damage can include intestinal lining disrepair, a loss of nutrients to the abnormal amount of bacterial activity, aggravation of the immune system including becoming sensitive to foods and having reactions to the microbiome organisms themselves. These changes can self-perpetuate over a long period of time. Microorganisms also defend themselves with a long list of chemicals that may harm you when secreted in large amounts.

Supplements may be added to this diet at the discretion of Dr. Gaul that support the intestinal lining, help to reduce microbiome populations, and calm the immune system.

Most people find that this diet can clean up years of unintentional digestive system damage and correct inflammatory syndromes outside of the digestive system as well. Once the majority of the issue has been corrected, a more appropriate long-term diet strategy can be prescribed for long term maintenance.

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Specific Carbohydrate Diet For SIBO & Other Conditions

For the duration of this diet you will avoid foods that can be easily eaten by the bacteria in your gastrointestinal tract. The following foods contain starches, soluble fibers, sugar, and prebiotics that your bacteria use to replicate and cause your symptoms:

- Wheat, barley, corn, rye, oats, rice, buckwheat, millet, triticale, bulgur, spelt, quinoa, etc.
- Processed meats, breaded, smoked or canned meat, ham, processed sausages, lunch meats, bratwurst, turkey dogs, hot dogs
- Any canned vegetables, potatoes, sweet potatoes, parsnips
- Canned/sweetened fruits (including dried), fruit juices
- Soybeans, chick peas, bean sprouts, mung beans, fava beans, garbanzo beans, hummus.
- Seeds.
- Commercial yogurt, milk, processed cheeses (Kraft and most other mainstream shredded cheeses), cottage cheese, cream, feta cheese, mozzarella, ricotta, ice cream
- Cornstarch, tapioca starch, arrowroot flour, potato flour, carob powder, cocoa powder, chickpea flour, bean or lentil flour.
- Chocolate, carob, refined sugar (evaporated can sugar or juice, fructose, sucrose, etc); ketchup, molasses, corn or maple syrup, coconut nectar, agave, artificial sweeteners.
- Bouillon cubes, instant soup bases, agar-agar, carrageenan or pectin.
- Instant coffee, most commercial juices, milk, soda/pop, sweet wines, flavored liqueurs, brandy, sherry, cordials.

If you are underweight:

This diet can be problematic for patients who are underweight because low-carbohydrate diets can promote further weight loss. In these cases, more carbohydrates might need to be introduced. Consider incorporating white rice and glucose to minimize potential substrates for SIBO. Although glucose is a sugar it is rapidly absorbed and may not reach the area of the small intestine in which fermentation occurs and gas is produced. If weight loss is an issue this can be helpful.

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SCD Introductory Phase

The introductory phase of the SCD diet should be followed for 2-5 days, ideally you should see calming of digestive symptoms in this phase, although they may not be complete. It is generally advised to stay on the introductory phase for more time if you have diarrhea as a main symptom.

Add one food in at a time, and limit those that seem to create problems.

MEAT	VEGETABLES	FRUIT
Cooking Style		
Roasted	Peeled, de-seeded, well-cooked and pureed	Peeled, de-seeded, well-cooked and pureed
Boiled		
Broiled		
Grilled		
FOODS		
Chicken	Carrot	Grape Juice
Beef		
Turkey		
Lean Pork		
Lean Wild Game		
Fish		
Eggs		

BEVERAGES: Throughout the diet, you may use the following as beverages: weak tea or coffee, water, mineral water/club soda (unsweetened nut milks are added after this phase).

Sweetener: Honey

BONE BROTH: Bone broth can help to soothe a roughed up intestinal lining. Bone broth should be made from marrow bones, not bones with cartilaginous ends. Marrow bones are often sold as such at the butchers. Broth is ideally made by simmering for 24 hours -- 2lbs bones together with a tablespoon of vinegar and enough water to cover. Salt may be added. In early phases of the diet, vegetables should not be added to the broth, but later on they may be added depending on tolerance of the individual.

Meat broth may be used instead of bone broth. Use a similar recipe using 1lb of meat.

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SCD Phase One

In phase one, you will add in selections from the following table. Please note the preparation methods! The only raw food in this phase is banana.

Add one food to the diet at a time. If you find the item to be increasing symptoms, wait another day and try again.

Oils and butter can be used for cooking in this phase.

MEAT	VEGETABLES	FRUIT
Cooking Style		
Roasted	Peeled, de-seeded, well cooked and pureed	Peeled, De-seeded, well cooked and pureed
Boiled		
Broiled		
Grilled		
FOODS		
Chicken	Carrot	Grape Juice
Beef	Acorn Squash	Apple Cider
Turkey	Buttercup Squash	Pearsauce
Lean Pork	Butternut Squash	Applesauce
Lean Wild Game	Spinach	
Fish	Zucchini, etc	
Eggs		
RAW		Banana
NUTS		
Homemade Milks		
Homemade Pecan Milks		
Homemade Nut Milk Yoghurt		
Homemade Blanched Almond Milk		

Do not use spaghetti squash in this phase! Blanched means to have skins removed.

MAKING A NUT MILK:

1. Take raw whole nuts, soak overnight in enough water to more than cover.
2. Discard soaking water.
3. If there are skins on the nuts, blanch the nuts by dipping in hot water with a sieve, then rub off their skins.

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4. For each cup of nuts, use 3-4 cups of water depending on how thick you like the milk. Put prepared nuts and water in a processor with a pinch of salt, process on high speed for 30 to 60 seconds.
5. If your food processor leaves a lot of mush, you can use a nut milk bag or very fine sieve to remove the particulate.
6. Most milks will keep in the fridge for about 4 days.

SCD 24 hour YOGURT: You will need a yogurt maker for the most consistent product.

1. Using your homemade almond milk recipe from above, adjust the ratio of milk to water to 1 cup nuts to 2.5 cups water.
2. Add Yogourmet freeze dried starter, or some Dannon plain whole milk yogurt as a starter to your milk and put into the yogurt maker. Usually it takes about 8 hours to ferment. Add a tablespoon of honey.
3. At the end of the fermentation, cool the yogurt in the fridge.
4. Strain over a clean jar with cheesecloth for about an hour.

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SCD Phase Two

In this phase, you can use coconut milk as a substrate for yogurt.

Nut butters may also be used.

MEAT	VEGETABLES	FRUIT
Cooking Style		
Baked	Peeled, De-Seeded, Well-cooked and Pureed	Peeled, De-Seeded, Well-cooked and Pureed
FOODS		
Legal Bacon	Garlic	Peach
Crisp Pork	Asparagus	Pineapple
	Green Beans	Plum
	Mushrooms	Tomato
	Pumpkins	Apricot
	Artichoke	
	Cucumber	
RAW		Banana
		Avocado
NUTS		
Homemade Milks	Nut Oils	Nut Butters
Blanched Cashew	Pecan	Pecan
Blanched Hazelnut	Coconut	Blanched Almond
Macadamia Nut	Olive Oil	
Coconut	Blanched Almond	

Note that blanched means to have the skins removed. See instructions under nut milk.

NUT BUTTER:

1. Toast 1 cup of one of the above nuts on a flat tray in the oven at 350deg F for 8-12 minutes. When you smell them, they are done! Cool them on a plate.
2. Place the nuts in a food processor and process on high until the almonds start to form a ball.
3. Add olive oil in a drizzle until the nut butter is the right consistency (around 2 tablespoons).

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SCD Phase Three

Add these extras:

MEAT	VEGETABLES	FRUIT
Cooking Style		
Pan Fried	Peeled and Cooked	Peeled, De-Seeded and Cooked
FOODS		
	Brussel Sprouts	Kale
	Cabbage,	Celery
	Leek	Lettuce
	Lima Beans	Pea
	Beet	Kale
	Broccoli	Olive
	Cauliflower;	Onion
	Collards	Bok choy
	Eggplant	Chard
	Water Chestnut	Mushroom
	Spaghetti Squash	Snow Peas
	Shallots	
		Lime
		Papaya
		Cantaloupe
		Fig
		Grapefruit
		Lemon
		Cherry
		Kiwi
		Kumquat
		Mango
		Passion Fruit
		Loganberry
		Watermelon
		Date
		Rhubarb
		Blackberry
		Blueberry
		Orange
		Dry Fruit/Raisins-cooked
		Strawberry
		Tangerine
		Raspberry
		Cranberry
		Boysenberry
NUTS		
Nut Flours	Nut Oils	Nut Butters
Pecan	Cashew	Blanched Cashew
Blanched Hazelnut	Hazelnut	Blanched Hazelnut
Blanched Almond	Macadamia	Macadamia Nut

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SCD Phase Four

Add these extras, note the change in cooking requirement for the fruits listed. The previously listed fruits will still be cooked.

MEAT	VEGETABLES	FRUIT
Cooking Style		
Deep Fat Fried	Raw	Raw, Peeling (optional)
FOODS		
	Brussel Sprouts Eggplant	Apple
	Cabbage Celery	Grapes
	Leek Lettuce	Persimmon
	Lima Beans Kale	Pomegranate
	Pea Beet;	Apricot
	Broccoli Olive	
	Cauliflower Onion	
	Collards Bok choy	
	Water Chestnut Spaghetti Squash	
NUTS		
Nut Flours	Nut PIECES	Nut Oils
Walnut	Blanched Almond	Peanut Oil
Coconut; Cashew	Pecan	Peanut Butter
Macadamia	Shredded Coconut	
BEANS - COOKED		
Haricot	Lentils	Lima Beans
Navy Beans	Split Pea	

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SCD Phase Five

MEAT	VEGETABLES	FRUIT
Cooking Style		
Dried Jerky	Cooked or Raw	Cooked or Raw
FOODS		
Nicks-sticks.com	No Restrictions	No Restrictions
NUTS	Whole Nuts	
Pecan	Hazelnut	Walnut
Sunflower	Cashew	Pistachio
Blanched Hazelnut	Macadamia Nut	Sesame Seed
Blanched Almond	Pine nuts	
BEANS - COOKED		
	Black Beans	
	Kidney Beans	

This diet has been adapted from the diet produced by Mona Morstein ND.

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