

The Homemade ELEMENTAL DIET: Review & Tips



4 STARS Overall: (2.5 Weeks in Duration - Written one week post diet, back on real food.) SIBO seems to have been eradicated. Lost 10 lbs, and 4" off my waist so far. Bloat has been resolved for the most part. Better energy, clearer skin, less rosacea, less brain fog. Digestion has improved overall. Still compromised by ME/CFS: Body Aches, Post Exertional Malaise, Fatigue/Exhaustion, Sensory Overload (less but still there). Possibly gained a 10% improvement in overall capacity? Was operating at around 30% on an average day... now 35-40% with a good day being a bit higher. A little early to tell yet as it has only been the first week post diet.

CONS: Terrible taste, **very** hard to go without eating for so long, caused diarrhea for the entirety of the diet, very much a mind game every day, takes incredible willpower to pull off... oh – and it is expensive as it is not covered by insurance.

THE RECIPE: Obtained from Dr Allison Siebecker at www.siboinfo.com
Ordered all products online = Total COST: \$370 (vs. Vivonex = \$650-ish..... and made with GMO soy, corn, and misc. crud!)
Also of note: did NOT use Crystal Light flavor packets made with "Stevia", as they STILL have sugar in them!!

PERSONALIZED "YUK-SHAKE" TWEAKS:

- I tailored the recipe portions to my small size and lack of activity – to equal 1,200 calories a day, instead of 2,000.
- I chose the Low Carb/High Fat Option as I had already been eating Paleo for almost 2 years.
- I substituted NOW brand Pea Protein for ½ of the Amino Acid Formula to improve the taste. Cardboard = upgrade!
- I discovered a liquid MCT coconut oil to use for the fat... it did not turn solid in the cold shake!
- I ate 1 TBsp of Virgin Coconut Oil before making the shake, and put 1 TBsp of the liquid version in the shake.
- I found that my body did NOT do well with Dextrose. I needed to use honey for the carbs.
- I experimented with various flavors of extracts to improve the taste. (See further notes, next page.)
- I took 1 TBsp of Manuka Honey w/K Factor 16 as an afternoon snack most days, as an antimicrobial.
- I added Neem, as well as some Allimax & Berberine rotations when I was having excessive bloat/die-off part way thru.
- I continued to take some of the prescription supplements I've been on. Still need the xtra CoQ10, Magnesium, B etc.

PERSONALIZED “YUK-SHAKE” TIPS:

- Mix every Yuk-Shake fresh. (Don't try to make multiple portions... The nasties settle, and things get more pungent.)
- Add water to blender first, then add dry ingredients, then oil & honey. Blend well, and then add ice to crush last.
- Use pre-chilled water from the fridge. About 1 ½ cups water seemed to be the best ratio to keep the volume down.
- Open the vitamin capsules within the blender so you don't have to smell them.
- Ditto for the Amino Blend – stand back and keep your nose away from the blender- it smells like sulfur!
- Recommended extract flavors (Just a splash...): Vanilla, Almond, Pumpkin Pie Spice, Raspberry, Strawberry, Orange
- Change the flavors often so you don't ruin one that you used to like. Vanilla + another flavor usually improves it too.
- Drink from a (chain brand) medium iced-coffee cup, with a plastic lid and a straw. This keeps you from smelling it!
- Place straw against the roof of your mouth towards the back – avoid getting the taste on your tongue.
- Drink fast – gulp big, and then take long pauses in between. Also keep swirling cup to keep nasty crunchies at bay.
- Don't look at the Yuk-Shake while you drink! You don't want to register what it is that you are drinking!
- Play mind games: The more you think negatively, the harder it is to swallow. Try to trick yourself that it is delicious...
- Write fun and positive messages on the plastic cup. I wrote “SIBO CURE!” to remind myself why I should keep going.
- Keep a journal or log book to track your progress. Watching the pounds and inches drop away reinforced a sense of gain when things just seemed so hard. It also keeps a sense of stability and routine to replace the lack of real meals.
- Quitting isn't an option once you've drunk so many Yuk-Shakes – cheating would only waste the hard earned efforts. And **nobody** in their right mind would want to start all over again!

FINAL NOTES:

- Don't expect any instant miracles.... Each person will probably react differently. For me, it took over a week to get past the worst of the die-off. After many days of progress, I suddenly had a completely inexplicable setback at Day 10... Bloated nearly as big as when I had started. At two weeks I seemed to level off on the waist size, and bloating was gone. Then I reacted again the first time I ate food – only jasmine rice and bone broth, troubled me for a day or so.
- Get LOTS of rest! Your body needs time to heal if you've had SIBO a while. It needs to put its energy toward healing!
- Track your diet after you re-introduce food. Look for reactions, relationships, intolerances. Try to stay low FODMAPs for a while – and don't go nutty trying everything at once!

