

AN SCD PRIMER

OUR FIRST PRESENTATION TO THE PEDIATRIC GI TEAM AT
SEATTLE CHILDREN'S HOSPITAL (2012)

TALI GUDAY

[HTTP://GUTHARMONY.NET/](http://gutharmony.net/)

BASED ON THE BOOK

[BREAKING THE VICIOUS CYCLE: INTESTINAL HEALTH THROUGH DIET](http://www.breakingtheviciouscycle.info/)

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[HTTP://WWW.BREAKINGTHEVICIOUSCYCLE.INFO/](http://www.breakingtheviciouscycle.info/)

SCD: AN INDIVIDUALLY TAILORED PLAN

- Each SCD plan is created within strict SCD guidelines, tailored by trial and error to fit individual sensitivities
- The diet evolves with time. As the gut heals and can tolerate more foods the diet becomes a varied, delicious, healthy way of eating.
- Even when eating advanced SCD there are times when it's best to scale back to "defensive" SCD eating.
 - When starting the diet, or whenever sensing the onset of a flare, or during a cold, or in stressful times you must become proactive and scale back to basic safe foods.
 - A defensive eating plan will usually include:
 - broth (chicken/turkey/beef bone/veggie broth)
 - savory smoothies (mix of broth, cooked veggies & meat in a blender)
 - puréed well-cooked fruits and veggies,
 - homemade fruit juice jello, yogurt and cooked fruit smoothie.

OUR CHILD'S TYPICAL MENU

Breakfast				
Scrambled eggs + spinach Yogurt + cooked/fresh berries Tea	Coconut pancakes w/coconut cream Yogurt + cooked/fresh berries Tea	Banana bread and butter Hardboiled egg salad Yogurt + cooked/fresh berries Tea	When coughing: Egg drops in homemade chicken broth Yogurt + cooked/fresh berries Lemonade (fresh lemon, honey, warm water)	When egg sensitive: Cooked veggie smoothie Yogurt + cooked/fresh berries Muffin Tea
Take To School				
Almond flour focaccia w/tahini and eggplant spread Apples Muffins Diluted juice	Almond flour sandwich w/cheddar and mustard Clementines Spice cake Diluted juice	Almond flour buns w/cheese Grapes Pecan candies Muffins Diluted juice	Sandwich w/Peanut butter and homemade plum jelly Apples Dried fruits and nuts Diluted juice	Tahini sandwich Clementines Crackers w/cheese Muffins Dried fruits and nuts Diluted juice
Dinner				
Chicken breast Cooked cabbage, carrots and celery Black bean soup	Beef patties Green beans Lentil salad	Beef minestrone (beef, veggies, white beans)	Turkey meatloaf White beans in tomato sauce Cooked cabbage	Fried chicken Cheese cubes Cooked veggies
Snacks				
Plate of fresh fruit Cheese cubes Nuts	Almond flour crackers w/guacamole and salsa	Frozen peanut butter honey bars	Lemon poppy seed cake	Cocoa butter cookies

SCD: HEALTHY AND DELICIOUS BUT NOT ALWAYS EASY

IT DOES BECOME EASIER WITH TIME AND EXPERIENCE

Challenges:

- Parenting is hard enough without having to micromanage your child's diet.
- Kids, teens and students are busy with many activities and seek easy access to fast food and packaged snacks.
- The social and celebratory aspects of food must be anticipated and addressed effectively.
 - Holiday meals, birthday parties, vacations, restaurants...
- Planning, shopping, cooking, packing and carrying... an ongoing effort that takes time and energy and can be tiring and frustrating at times.
- One must become a paranoid food inspector/detector
 - Food labeling laws allow for 2% of unspecified ingredients

MAKING THE SCD LIFESTYLE EASIER

- Research and line up several good sources to create a personal SCD eating plan.
- Plan and prepare food every weekend for the week ahead, and every evening for the next day.
- Cook and bake double amounts and freeze some for later use on busy days.
- Freeze in *individual portion sizes*.
 - It ensures easy defrosting and allows variation of “mix and match” meals
- Since you have to carry your own food wherever you go, create a collection of lunch boxes and coolers in different sizes for different needs and occasions.
- Find the joy in cooking as a creative process, experiment and invent your own recipes.
- Holidays, birthdays and parties require special preparation to avoid temptations.
 - Make plenty of SCD treats and snacks ahead of time.
- When going to a social gathering, eat before leaving the house and take SCD snacks with you.
- Learn how to listen carefully to your body and adjust the eating plan to fit changing needs
 - New food sensitivities, stressful times, a cold..
- A positive mindset helps, instead of focusing on deprivation celebrate wellness.

SCD ELEMENTAL DIET

- We successfully used an exclusive elemental diet (Ensure) for 7 weeks to achieve remission of symptoms and avoid steroids.
- Unfortunately, formulas are full of sugar and additives that feed bad gut bacteria, so complete healing was hindered.
- We immediately transitioned to SCD, and only then managed to completely bring CRP to normal levels.
- It would be beneficial if a drug company formulated an SCD compliant elemental drink! This could benefit many patients.
- To make your own SCD compliant elemental drink:
 - Consult a dietician to find out what calories you need from carbs, fats, and proteins.
 - Use SCD legal juices for the carbs, oils for the fats, and aminos for the proteins.
 - Then add vitamins and minerals and salt.
 - It is important to find free aminos without corn syrup.
 - Some SCD families use: <http://www.nutramed.com/alphaaax/index.htm>

SCD & PROBIOTICS

- The only probiotic supplement allowed is Acidophilus.
 - Some people also use Saccharomyces boulardii as a supplement.
- For yogurt starter ,we use a combination of Acidophilus and/or L. Casei, Thermophilus and Bulgaricus
 - These have been thoroughly researched for many decades, and rarely cause issues for a gut which is beginning to heal.
 - Although bifidus is also considered a beneficial bacteria and is added to many commercial yogurts, it is not allowed on SCD because it has a tendency to overgrow in the colon.
- At home, we alternate between two different yogurt starters, Yogourmet and GIPro, both are SCD legal but have different formulations.

MEDICATIONS AND SUPPLEMENTS

- When possible pay attention to the formulation of needed medications.
 - Some people use compounding pharmacies to formulate certain meds
- Some fillers in medications can cause big problems.
 - Lactose is widely used as filler in many medications and can cause gut upset.
 - Other problematic additives include Aloe Vera, Carrageenan, Croscarmellose Sodium, Dextrose, Food Glaze, FOS, Fructose, Guar Gum, gums of any kind, Inulin, Maltodextrin, Mannitol, Natural Flavors..
- Vitamins and supplements should be SCD safe.
- Iron in oral supplements is not allowed as it causes GI problems.
 - As the gut heals on SCD, it can better absorb iron from food and renew its reservoir. If necessary, it is better to use iron infusion.
- When using unfortified salt to avoid anti-caking additives, check iodine levels periodically.