



MANAGING WITHDRAWAL FROM PROCESSED FOODS

Goal: The goal of the Handout is to describe methods for reducing the distress of withdrawal.

Application: Members can apply these techniques in the course of initial withdrawal. If they experience accidental ingestion or relapse, they can move quickly through re-withdrawal by minimizing the distress of symptoms. Just pick the strategies that are easiest for you. You don't have to do them all.

Symptoms: Withdrawal from processed foods can manifest in many ways. Symptoms can include, headache, muscle cramps, stomach ache, chills, fever, irritability, depression, anxiety, intense cravings. Severity and combinations of symptoms can vary significantly from person to person. Symptoms can last 2-8 days.

Possible explanation: Organs and glands can be conditioned to anticipate surges of glucose. The pancreas for example, can be conditioned to release insulin at certain times which drives down glucose levels. In withdrawal, the glucose surges are no longer occurring, but it takes the pancreas a few days to stop releasing insulin. So during those few days, glucose may be too low which can result in a variety of symptoms. Our goal is to keep glucose as level as possible by eating clean balanced meals, and to keep circulation up and muscles relaxed. Similarly, neurotransmitters (brain chemicals) can be readjusting so moods and emotions may be unstable. The good news is that we can minimize the distress of these dysfunctions.

Preparing. Get groceries into the house and prepared before starting withdrawal. Eggs and gluten-free oatmeal are easy on the stomach. Make a few batches of the breakfast bars from 3 eggs, 1/2c soaked raw oatmeal, 6oz chopped apple, 1/2 teaspoon cinnamon, and 2 teaspoons coconut oil. Bake at 350' for 25 minutes.

Get all Excluded Foods out of the house or locked up. Taper off of the Excluded Foods.

Clear your calendar. Cancel optional appointments. Arrange for care of children and elders if needed. Let 'safe' people around you know what you're doing. Share the Support Handout below with them. Familiarize them with symptoms and what they can do to help. Avoid sharing with controlling, anxious people who might try to sabotage your withdrawal.

Have a friend hide your car keys somewhere in the house. Cravings can intensify during withdrawal so it's important that you not be able to act on them by getting processed foods.

Learn how to make hot and cold compresses. For a hot compress, dampen 2 washcloths with water and microwave for 1 minute. Seal inside a baggie. For a cold compress, fill a baggie with ice cubes and wrap in a damp dishtowel. You can also buy commercial hot/cold compresses.

Write out a list of affirmations. 'I can do this. My body is just detoxing. It will pass. It's just withdrawal.'

Get bath salts. Dead Sea salts or Epsom salts are suggested.

Get medications that you are already familiar with.

Find a gentle exercise video.

Load calming books, recordings, and music onto your personal device.

During withdrawal

Let your support person know what you need.

Avoid negative people.

Avoid making decisions or arguing.

Avoid television no matter what. It's a trigger regardless of the programming.

Stay in touch with your Intensive. Post what's going on and encourage others. Join the daily conference call.

Keep up with your meals to help stabilize glucose. If you're nauseated, have gluten-free oatmeal with an egg mixed in and cooked into it.

Stay home. If you're well enough to go to work, stay busy to distract yourself from cravings. Under any circumstances, do not go into a food environment. If you must leave the house, take your food with you.

Sleep whenever you feel like it. Play a meditation, or soothing book to help you relax enough to sleep.

Keep alternating hot and cold compresses on anything that hurts. Hot for 20 minutes. Off for 20 minutes. Cold for 20 minutes. Repeat. Headache pain may be originating in neck and shoulders so try the compresses there as well as the head.

Take helpful medications that your health professional has prescribed or take over-the-counter medications that you're already comfortable with.

Read your affirmations. Look at yourself in the mirror and smile.

Take a relaxing bath with your salts.

Do gentle exercise if you feel like it. Sit in the warm sun. Take a slow walk.

Manage waves of intense emotions. Crying can help. Imagine the emotion is just a wave. Let it wash over you and then be gone. Notice that each successive wave is less intense. You can rate each wave on a scale from 1 to 10 to assure yourself that they're lessening.

HELPING YOUR LOVED ONES TO SUCCEED AT WITHDRAWAL

Goal: The goal of the Handout is to describe how to help your loved one through withdrawal from processed foods.

Application: As your loved one goes through withdrawal, you can support him/her with the suggestions described in this handout.

Withdrawal can last 2-8 days. Talk to all household members about the importance of reducing the distress of withdrawal for the household member. Ask them to support the effort.

Help with grocery shopping. Take the list of Unprocessed Foods to the grocery store and buy those foods in the quantities shown at the top of each column.

Help your loved one prepare safe foods for consumption during withdrawal.

Get foods listed in the Excluded Foods List out of the house, or under lock and key. Your loved one may experience intense cravings. It's important not to be able to act on them. Hide the car keys.

Let your loved one sleep.

Make hot and cold compresses for headaches and muscle aches.

Understand what medications they'll need during withdrawal.

If symptoms are severe, call in sick to their workplace.

Encourage them stay on the computer and be in touch with their support system for reassurance and encouragement.

Be patient with erratic emotions and behaviors. Do not argue with your loved one but don't help them relapse. Give them a hug if they're teary. Keep negative, critical people away from them.

Know where the list of affirmations is. Repeat these if they get discouraged.

Run a bath with salts.

Find the designated exercise video and set it up for them. Do it with them.

Understand the activities that are calming to them and know where they are and how to use them.

Do not talk about important subjects, nor let them make decisions about important issues.

Do not give them any foods from the Excluded List. Don't unlock the excluded foods, nor give them car keys, nor go get food for them.

Don't take them to food environments.

Don't criticize or chastise or say or do anything negative during this time. The goal is to keep them from being overwhelmed and relapsing.