



The Introduction Diet – Stage 3

Continue with the soups, stews, casseroles, meat stock, teas and probiotic juices, if at any time during stage three you find some of the negative symptoms that were improving have returned then you need to take a step back to stage two again.

- Keep taking the foods from the previous two stages
- Continue drinking the meat stock, bone broths and teas between meals and adding the probiotic food (you should be tolerating these quite well by now and be able to continue increasing them)
- Add in Sauerkraut and fermented vegetables (up until now only juices from these foods have been ingested) – start slowly with 1 teaspoon with each meal and increase slowly as your body can handle it
- Add ripe avocado
- You can change the way you have your eggs, scramble in duck fat or ghee and add in some well cooked vegetables such as onions, kale, spinach etc
- Add in pancakes made with ground almonds, eggs and pureed pumpkin
- Start with one pancake per day and you can gradually increase if no reactions
- If egg allergy then use egg free recipes found on page 209 of Gut and Psychology Syndrome book
- Keep increasing the amount of fermented foods