

ELEMENTAL DIET SUCCESS PLAN

program

WORKBOOK



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THE PSYCHOLOGICAL CHALLENGES *of the elemental diet*

As simple as an elemental diet may sound, there are a few challenges that almost everyone will encounter. This lesson focuses on the psychological challenges of the elemental diet and takes you through exercises to help you become mentally prepared.

Psychological challenges may include: not eating solid food, palatability & lack of variety, our relationship with food, cutting back on exercise, unpredictability, enduring & efforting.

WHAT IS YOUR WHY?

We suggest that you take a few moments and write down your WHY—the reason(s) why you are committing to an elemental diet. It's great to have this written down so that you can read it back and remind yourself on the hard days.

Ready to give it a try? Use the space on the next page to write down your answer.



Why I commit to the Elemental Diet...

Examples

- *I commit to the elemental diet because I hope to feel greater ease in my digestion.*
- *I commit to the elemental diet because people with similar conditions to mine have seen great results, so I am willing to give it a try.*

**If you are prepared for the challenges—
if you understand what is coming
and what you can expect—
you will navigate the difficulties
much more smoothly.**

Dr. Roy & Debbie Steinbock

PSYCHOLOGICAL CHALLENGES

Which potential psychological challenges feel like they will be the hardest for you?

Which tips might be the most helpful?

REWARD YOUR PROGRESS

There is a certain amount of “enduring” and “efforting” that most people will feel during an elemental diet.

What are some ways that you can acknowledge your effort and reward your progress?

ACTION ITEMS

- Complete Lesson 7 in Program Workbook
- Move onto Lesson 8