

## Appendix 22: Troubleshooting

| <i>Category</i>  | <i>Possible Causes/Solutions</i>       | <i>Page</i> |
|--|--|-------------|
| Cravings   | • Eat more, especially fat             | 228         |
|  | • Add unrefined salt                   | 229         |
|  | • Avoid artificial sweeteners          | 229         |
|  | • Get enough sleep                     | 229         |
|  | • Amino acids (L-glutamine and 5-HTP)  | 229         |
| Fatigue  | • Eat more fat                         | 230         |
|  | • Get more sodium and water            | 230         |
|  | • Manage your stress                   | 231         |
|  | • Sleep more                           | 231         |
|  | • Increase your carb intake            | 231         |
| Symptoms Returning                                     | • Personal modifications               | 231         |
|  | • Cumulative effect                    | 231         |
|  | • Slow down                            | 232         |
|  | • Cross contamination                  | 232         |
|  | • Personal hygiene products            | 233         |
|  | • Past exposure                        | 233         |
|  | • Stress                               | 233         |
|  | • Sleep                                | 233         |
|  | • Biofilms                             | 234         |
|  | • Too few carbs                        | 234         |
|  | • Supplements                          | 236         |
|  | • Medications                          | 236         |
|  | • Plastics (BPA)                       | 236         |
|  | • Chewing                              | 237         |
|  | • Digestive aids                       | 237         |
|  | • GI infections                        | 237         |
|  | • Artificial sweeteners                | 237         |
|  | • Alcohol                              | 237         |
|  | • Caffeine                             | 237         |
|  | • Large servings of safe foods         | 238         |
| • Food quality   | 238                                    |             |
| • Remaining problematic foods                          | 238                                    |             |
| • Hormonal changes in women                            | 238                                    |             |
| • Normal part of condition progression                 | 238                                    |             |
| How to Alleviate Symptoms?                             | • Epsom salt baths                     | 239         |
|  | • Activated charcoal                   | 239         |
|  | • Hot water bottle or heating pad      | 239         |
|  | • Hydration                            | 239         |
|  | • Rest                                 | 239         |
|  | • Turmeric                             | 239         |
|  | • Peppermint oil, ginger, or chamomile | 240         |
|  | • Avoid NSAIDs                         | 240         |
| Constipation   | • Be patient                           | 241         |
|  | • Eat more fat                         | 241         |
|  | • Avoid trigger foods                  | 241         |
|  | • SIBO                                 | 241         |
|  | • Probiotics                           | 241         |
|  | • Fluids                               | 241         |
|  | • Exercise                             | 241         |
|  | • Stress management                    | 242         |
|  | • Abdominal massage                    | 242         |
|  | • Magnesium                            | 242         |
|  | • Digestive aids                       | 242         |
|  | • Castor oil packs                     | 243         |
|  | • Ginger tea                           | 243         |
|  | • Eat more carbs                       | 243         |
| • See your doc (thyroid, diabetes, GI infection, etc.) | 244                                    |             |
| Diarrhea   | • Avoid trigger foods                  | 244         |
|  | • Supplements                          | 244         |
|  | • Fat intake                           | 244         |
|  | • Protein intake                       | 245         |
|  | • Probiotics                           | 245         |
|  | • Stress management                    | 245         |
|  | • GI infections                        | 245         |
|  | • Activated charcoal                   | 245         |
| • Reset your digestive system                          | 246                                    |             |