# Are Ready For The Re-Challenge Phase?

#### The Low FODMAP Diet Protocol

## PHASE 1 ELIMINATION

- 2- 6 WEEKS
- Remove all high to moderate FODMAP-containing foods from your diet
- Essentially being careful to a level of FODMAPs found to be tolerated by most people with IBS, allowing your symptoms to a window in the symptoms.
- Luals:
- 1. See if you are sensitive to FODMAPs.
- 2. Reduce or resolves symptoms, ready for PHASE 2

## PHASE 2 RE-CHALLENGE & REINTRODUCE

#### Re-Challenge

- Continue to eat low FODMAP
- Test each individual FODMAP at small, medium & then large portions, so see if you get symptoms.
- 8 tests for vegans, 9 including lactose)

#### Reintroduction

- With the FODMAPs you somewhat tolerated, test different combinations and frequencies of consumption.

#### Goal:

Define your personal FODMAP tolerance level: Identify which specific FODMAP you are sensitive to, at what extent and combination.



### PHASE 3 MODIFIED LO-FO DIET

- 1110011120 20 10 012
- Long-term
- Based on your personal FODMAP threshold, enjoy the most diverse and varied plant-based diet possible.
- Be able to know & choose when you want to eat something which may trigger your symptoms.

#### Goal:

Eat the most varied diet possible, while managing your symptoms as much as you want to.



PHASE 4
REASSESS REGULARLY



# Your Symptoms Are steadily & Consistently Improved.

Totally symptom free is often unrealistic, as other parts of life such as stress, changes in eating patterns etc, will still be factoring in. However you are ready of the re-challenges if:

- Your symptoms are very mild: at least 50-75% improvement
- Your improvements are consistent
- You are only experiencing the occasional acceptable symptom but you feel good most of time.

Obviously these are still open to your own, personal interpretation.

## You Have Notice Your Non-FODMAP Factors

You have noticed those other factors affecting your symptoms and are learning to manage them.

These might be your:

eating patterns, speed of eating, exercise, stress, caffeine, alcohol.

And you have been working to manage them.

## You Have Mastered Eating Low FODMAP!

You are confident in eating low FODMAP diet!!

You are good at reading labels, you understand how to create low FODMAP meals. You've basically memorized the Monash FODMAP app and stacking.

You are confident you can maintain this diet during the re-challenge phase to get those crystal clear results.

# If this is all resonating and you feel ready, it's time to get cracking on this Bundle!

# GOOD LUCK!!

(And well done for getting this far! x)