

## METABOLISM RESET DIET - Frequently Asked Questions

### **QUESTIONS ABOUT GETTING EMAILS**

#### **Q: Why am I missing emails?**

Email servers. Some servers are set to eliminate emails with certain words (like “fat” “free” or “sale.”) They usually put them into your junk or ‘other’ folder...but sometimes you have to search high and low for them. And even then you can’t always find them. To ensure you receive all the emails so you can do your challenge, be sure to follow these instructions:

Add these addresses to your known senders (or contacts) list:

[support@in-goodhealth.com](mailto:support@in-goodhealth.com)

**\*\*Because email servers have strong spam filters in place, you may not get your emails even when you follow these steps \*\***

Dr. C sends you an email EVERY DAY before and during the 7 Day Challenge. And every FEW days if you are part of the remaining 21 Days of the program. If you haven’t received it, then your email server sent it to another place. Because most mobile apps don’t have a feature to allow you to search your other folders. To find the missing emails, you will have an easier time finding it from your computer instead of your mobile device.

#### **Q: What do I do if I need help during the challenge?**

You can ask in the [Facebook Group](#)

Or you can Email support - [support@in-goodhealth.com](mailto:support@in-goodhealth.com)

### **FOOD/ SHAKE/ MEAL QUESTIONS:**

#### **Q: Will I heal as quickly using only ½ serving of protein (Daily Reset) for my shake?**

No, you still need a full serving of the protein and resistant starch the shake provides.

## METABOLISM RESET DIET - Frequently Asked Questions

**Q: I'm wondering if I can do this whole program except still keep my coffee for now...I know it needs to go but I am just not ready. Would there be some value in the baby steps of me doing everything but that, and then weaning off caffeine in a month? I have so many commitments till then that I cannot fathom surviving the withdrawal. Anyhoo, still excited and here goes!**

Many find that it does not work for them if they still ingest caffeine. You can choose a Friday as your first day to eliminate it and do not make expectations for the weekend. Most find that by early the next week they feel more alert and energized than they did when they were using stimulants.

**Q: What is the basic meal plan?**

**Breakfast** = Shake; 20+g protein, Resistant Starch (RS), healthy fat

**Lunch** = Shake; 20+g protein, Resistant Starch (RS), healthy fat

**Dinner** = Lean & green (Your plate should have mostly colorful veggies)

Use ONE of EACH of these 4 categories:

1. "Nutrient Rich" Dinner Veggies (should be 1/2 - 3/4 of your plate)
2. 4-6 oz of protein (your goal is 30 grams of protein)
3. 3/4 cup -OR- 1 cup of Resistant Starch (depending on which ONE of the RS choices you choose from the guidelines).
4. Healthy fats (usually 2 tsp or less)

**Snacks** = Unlimited veggies. Have anytime, anywhere. Raw, cooked, blended as a juice, soups, etc. And you can add unlimited veggies to meals (many overlap with the nutrient rich veggies.)

**Q: How long would a shake be good for if made in advance and kept refrigerated?**

24 hours. Some shakes even turn into pudding when refrigerated. Great for those days you want to "eat" your breakfast or lunch.

**Q: What do we do if we get tired of eating meat for dinner for the protein. Not a vegetarian but...**

Choose seafood, poultry, or vegetarian options for protein.

**Q: I'm feeling gassy and bloated. What can help?**

You can add 1/8 tsp ground ginger or 1/4 tsp ground cardamom to the shakes. Your gas and bloating usually isn't an issue after the first week.

## METABOLISM RESET DIET - Frequently Asked Questions

**Q: Since starting MRD it seems as if Resistant Starch may be causing some of my symptoms, especially gas and bloating. Should I continue? Also will Resistant Starch contribute to yeast overgrowth?**

RS is the key to so many digestive issues. It IS a change for most people. And because it's a change in the AMOUNT and the TYPE of fiber you usually consume you may have short-term digestive issues. When you stop the RS (especially before 4 weeks) you aren't giving your body enough time to adapt to the new range of bacterial diversity you've never had before. If you have been low carb or paleo prior to this, that could be what is causing bloating for the first part of the 4 week detox.

**Q: What should I do about muscle pain and cramping?**

Hydrate, hydrate, hydrate. Of the few that experience this, they find this goes away within a week or so.

**Q: What can I do about constipation?**

Make sure you are drinking a lot of water. If you have been on a paleo or low carb diet prior to this you will really want to make sure you are getting the full serving sizes of Resistant Starch each day. If you are doing both of these, you may also want to take some magnesium.

**Q: Looking through the recipes and food list recommendations I see A LOT of nuts, seeds and beans. I have Hashimoto's and have gone through elimination diets in the past and 3 foods that increase my thyroid antibodies without question are nuts, seeds and beans. These 3 food categories are used for so many things including healthy fats and fiber. Since discovering these sensitivities I have had a very hard time developing a new way of eating that satisfies, nourishes and makes me feel well. Any suggestions on how to have a satisfying and healthy diet without these foods.**

Use the Reset Shake as a source of resistant starch. After the second week start adding back in 1 tsp of cooked lentils per day for the final two weeks. Work with a doctor who understands how to reverse food intolerances such as an [Integrative Health doctor](#) or your doctor if they can help with this.

**Q: When I work the evening shift I eat dinner at 3:30-4:00 pm. But then am hungry when I get home at 10:30 pm. How do I adjust my eating schedule?**

Add unlimited foods as needed after work.

## METABOLISM RESET DIET - Frequently Asked Questions

**Q: I work the night shift. Can I still do the MRD and if so how do I time my shakes and meals?**

Yes and here are some strategies to use. On the days you work, the goal is to simulate a normal day's schedule as much as possible. For example, Say you work from 10pm to 6am. When you finish work at 6am, you want to treat your next few hours as your evening. Have your solid meal at this time. You need to allow for several hours to wind down from your work day so you can get some sleep. In our example you could sleep from 10 am to 6 pm. Have your breakfast shake during your first waking hour. Time your lunch shake to be equidistant between your breakfast and dinner. For example if you have your first meal at 7 pm and your last meal at 7 am, have your lunch shake near 2 am. And remember to have unlimited foods as needed for snacks if needed.



If you work three nights per week or fewer, keep a normal schedule on your days off. If you work four or more nights, use the modified night schedule above even on your days off.

**Q: I have Hashimoto's and can't do nightshades, etc. What can I eat?**

You can do the program while substituting other vegetables for nightshades. Also please read [this blog](#) and reconsider whether or not avoiding nightshades is in your best interest.

**Q: Is it recommended to continue on the two shakes, unlimited veggies, and an MRD dinner for food AFTER the challenge ends?**

No. It's best to continue on 1 shake in AM and follow the program in the Metabolism Reset Diet book for post reset maintenance ideas. Take at least 2 weeks off before starting again.

**Q: How is the best way to start re-introducing some of the excluded foods, I would really like to try some eggs?**

It is best to personally work with a doctor who knows how to reverse food intolerances. The [Integrative Health doctors](#) can help with this.

**Q: During the challenge, can I flip breakfast and dinner? So I can have a shake for lunch and dinner, and eat a meal at breakfast instead of a shake?**

No, it will not work as well due to the circadian rhythms of cortisol production.

## METABOLISM RESET DIET - Frequently Asked Questions

**Q: Is it ok to have protein as a snack if veggies aren't cutting it? For example, in the afternoons I get really hungry and sometimes the veggies just can't get me full. Is it ok to have plain chicken or protein of some type to help with those hunger pangs?**

No, the program will not work otherwise. Try cooking the veggies using the Unlimited Recipes cookbook because most people find cooked veggies are more savory and filling than raw vegetables. The favorites are the Spaghetti Squash recipe, Carrot Fries, Ratatouille (shown), & Soups.



**Q: Would a cold red potato be an acceptable snack? How about protein?**

No, stick to unlimited food list (veggies) for snacks.

**Q: What else can I drink besides water? Seltzer water?**

Unsweetened carbonated water, Hint Water, and naturally caffeine-free herbal teas are fine. Because this is a detox, most people WILL want to drink more water so they can help flush out the toxins.

**Q: Would it mess everything up if I have a glass of wine or a bite of cake? It's my birthday during the challenge.**

It might or it might not. Which present would you rather get for your birthday, wine and cake or a healthy metabolism?

**Q: Why are eggs, dairy, etc. not allowed on the reset?**

N/A to the metabolism program. They are allowed in specific types and quantities as protein options for those who are not sensitive to them.

**Q: Is there a difference between yellow and green bananas and why we should (or shouldn't) eat them?**

You would have bananas with your shakes if you are building your own because you don't have Dr. C's Daily Reset Shake - which already has your RS built in.

To build your own shake, use:

½ green banana (WITHOUT the peel), OR ½ yellow banana (organic, WITH the peel).

\*If you are having the banana WITH the peel, that will count as your fruit, do not add additional fruit to your shakes.

## METABOLISM RESET DIET - Frequently Asked Questions

### Q: I'm feeling hungry what am I doing wrong?

**You might not be eating enough**, or you might not be eating enough of the right foods. **You might also not be drinking enough water**. In regards to food, make sure you are getting 20+grams of protein + good sources of resistant starch for your breakfast & lunch shakes. And make sure you are eating often enough. Aim for eating every 4-5 hours. For many this looks like:

Breakfast: 7am

Snack (unlimited veggies): 10am

Lunch: 12pm

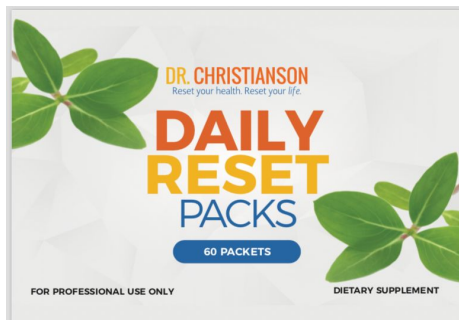
Snack (unlimited veggies): 3pm

Dinner: 6pm

If you are hungry between meals, snack on the unlimited foods anytime. Cooked veggies can be more satisfying than raw veggies. And be sure to consume healthy fats at dinner. Follow the guidelines.

If you are not hungry for snacks 2x day, then just have 1 in the afternoon, or none at all.

## SUPPLEMENT QUESTIONS:



**Q: Started back on the reset multivitamin pack. I know you take the first pack in the morning. When do you take the second pack? I thought I read in the evening but wouldn't that interfere with sleep?**

Take one pack twice daily with food. There are no ingredients that will cause insomnia.

**Q: I take thyroid supplements/fish oil/magnesium etc as per my functional doc, and wondering if taking them alongside the reset packs and shakes is ok? Can one have too much of a supplement?**

Take thyroid medications 30-60 minutes before any other pills with water only.

## METABOLISM RESET DIET - Frequently Asked Questions

**Q: I have been sick with the flu and barely eating. (Not good, I know) Do I continue taking the supplements even though I am barely eating?**

During an acute illness, you may need to adjust your food and supplement intake per your stomach's tolerance. Work directly with your doctor if you need further guidance.

### **EXERCISE QUESTIONS:**

**Q: Wondering... when I'm having a below average energy day, should I still do my 30 minute/4 mile walk? Or how much activity?**

Because the Metabolism Reset Diet is a low fuel detox, you can put yourself into an adrenal burnout state if you overdo physical activity during the 4 week detox. Your goal is to do no more than 5,000 steps. 10,000 steps if your job requires you to be more active. You can get an inexpensive pedometer (\$5-10) for accurate tracking. Gentle walks, stretches, and yoga are fine as long as you are not exceeding 10,000 steps per day.



After you have completed the detox you can resume your normal physical activities.

**Q: Hi, I know we are supposed to be limiting our exercise but I normally reach around 13,000 steps a day just going to work and getting my children from school. Is this going to be a problem? Thanks**

If that is your normal activity, then be sure to limit any additional activity.

**Q: I want to do some sort of exercise. What can I do?**

Once you have hit the 2nd week of the 4 week liver detox, follow the exercise protocol in the book. Alternate days between the micro-workouts, and the interval workouts.

## METABOLISM RESET DIET - Frequently Asked Questions

### **MOOD/ SLEEP/ ENERGY:**



**Q: I am doing so much better. I have only one area still remaining to conquer. I'm having trouble falling asleep, staying asleep (I keep waking at 3:00am), and then waking up on time. Advice?**

Try adding 1 scoop of reset shake to 4-6 ounces of water and drinking it at bedtime.

**Q: Along with the adrenal fatigue symptoms I experience a severe lack of libido, or pretty much nonexistent libido really. I'm assuming this is connected to having adrenal fatigue/dysfunction. This has been an issue for years. Any solutions?**

Please work with a doctor who is versed in hormone changes that can cause a low libido such as low thyroid and low testosterone. The [Integrative Health](#) doctors can help with this concern.

**Q: I have less energy after doing 2 shakes a day. What am I doing wrong?**

Be sure to get enough rest and sleep. Also, consider testing for environmental toxins. Those who have higher levels of lead or mercury often feel more fatigued while detoxing. The [Integrative Health doctor](#)s can help with this.

**Q: Having trouble sleeping due to hunger. What can I do?**

Try adding 1 scoop of reset shake to 4-6 ounces of water and drinking it at bedtime.

### **MISC QUESTIONS:**

**Q: Will this wonderful challenge Facebook group be up and will it be supported?**  
Yes. It is up and running now. There are links in your emails



## METABOLISM RESET DIET - Frequently Asked Questions

**Q: Everyone else is losing weight on the challenge. Why did I not lose weight?**

For your next reset please weigh and measure your meals; do limit your exercise, and do not use anything besides unlimited foods for snacks. Also, consider evaluating your thyroid function. You can take a [thyroid quiz HERE](#)

Additionally, make sure you are honestly evaluating all of the areas you are measuring like mood, energy, cravings, sleep quality, etc. When you are doing a detox you usually see improvements in multiple areas. Your weight is only one of the areas you are measuring.



**Q: How come I can do the same routine everyday and wake up 2-4 pounds lighter (or heavier) some mornings?**

Usually menstrual changes or salt sensitivity. Focus on your results at the end of the full 4 weeks.

**Q: How long can you continue the challenge after the 7 days is over? After the 28 days is over?**

Take 2 weeks off, then safe to resume. Ideally you will only need to reset once a year to maintain your results, and your health, long-term.

**Q: I have been experiencing gas, bloating, headaches and even muscle aches and pains since I started the MRD. Why?**

You WILL get detox symptoms (like headaches) whenever you are eliminating something toxic from your system. Any good cleanse or detox will help you clear these toxins. The more you have, the more you'll feel it. Thankfully, for most it's only for a few days. Magnesium may help for muscle pain. For those who are even more reliant on caffeine, the detox portion could take a little longer.

**Remember:** You are surrounded by a supportive community of thousands of people who have been through it. So you can do it. We are here for you!