

## YOUR TWELVE-WEEK CRAVING CURE TIMELINE

### Pre-Cure Set Up:

- Fill out the three initial pre-cure Tracking Tools to set your baselines. Download all Tracking Tools at *The Craving Cure* website.
  - *The Craving-Type Questionnaire* and Craving-Type Profile on pages 12-19. Or, score the fillable questionnaire on the Craving Cure website and your profile will be sent to you.
  - *Enter atypical (i.e. worst) day in the Daily Food Log* (and calculate its calories, page 284)
  - *The Trigger Foods Rating Sheet*, page 281

Review the sections of *The Craving Cure* that are assigned as part of the specific week-by-week steps to your 'Cure.

### Week 1

- Read Part III, *the Amino Breakthrough*, p 149, both the general prep steps in Chapter 11, and the sections on your own Craving Types in Chapter 12.
- Buy your aminos and *support nutrients* as per Chapter 12 (on the website store stocks the specific supplements that Julia's clinic uses).
- *Trial* aminos and record your reactions in the *Trialing Record*.

- Fill out *The Supplement Schedule* to be clear on what, when, and how many supplements to take.
- Review Chapters 13 and 14 to choose your anti-craving food plan. Eliminate all of the specific foods checked off on your Trigger Foods Rating Sheet.
- Review the recipes and meal ideas before going shopping for Craving Cure food.
- Start keeping your Daily Food Log as soon as you start your aminos, lose your cravings and begin to improve your diet.

### **Week 2**

- Fill out your *first post-amino Mini Craving-Type Questionnaire* (and save it to compare its scores to your *pre-amino* scores and to all your future scores).
- Consult Chapter 12 to adjust your amino doses as needed e.g. if your Craving Cure Questionnaire scores have not gone down quickly in any section, raise the amino dose intended to reduce the symptoms in that section of the Craving Cure Questionnaire.
- Log food daily.
- Reread Chapter 16 any time you have cravings or slips.

### **Week 3**

- Rescore your Mini Craving-Type Questionnaire to monitor your amino progress and adjust your aminos, if needed, as per Chapter 12.
- Log Food Daily.
- Recalculate your calories on a representative day as per Chapter 13, page 201, to make sure you're eating enough! (Eating too little will sabotage your 'Cure!)

#### **Week 4**

- Rescore your *Mini Craving-Type Questionnaire*.
- Rescore your *Trigger Food Rating Sheet*. Adjust your aminos if any cravings persist.
- Eliminate any foods you still crave or overeat (however healthy).
- Review the Food Sensitivity Factors list in Chapter 14, page 235. Do you still have some? What foods should you consider eliminating? Keep your *Daily Food Log* carefully as you make these changes to record results.

#### **Week 5**

- Rescore the week's Mini Craving-Type Questionnaire.
- Go to a farmer's market; buy all organic or pasture-raised supplies, if possible. Get fresh herbs and use to flavor your food this week.
- Go all organic all week - or as close to it as you can.
- Log Food Daily.
- Note any changes during "organic week."

#### **Week 6**

- Rescore your Mini Craving-Type Questionnaire.
- Keep up your Daily Food Log if you are still working on home food sensitivity testing or have any cravings.

#### **Week 7**

- Rescore your Mini Craving-Type Questionnaire.

- Eat no restaurant or prepared food all week. Prepare your own meals. Try new recipes this week from the book's or other selections.
- Log Food Daily. You may notice that not eating out makes a difference.

### **Weeks 8**

- If your scores are all below 4 and you've had no cravings for at least 2 weeks, quit logging till you start reintroducing foods in weeks 10 to 12. If you have a bad day, log it that night to analyze what happened (e.g. too long between meals with no snack).

*If at any point you have problems, start logging again and go back to analyze your prior trouble shooting Logs. Are your meals regular and substantial? Do you need more snacks? Are you taking enough of the right aminos? Do you need to raise or add to them? Review Chapter 16 for ideas.*

*Recalculate your calories for one typical day. Are you eating enough? Consider contacting the virtual clinic for a consult: [info@cravingcure.com](mailto:info@cravingcure.com).*

### **Weeks 9**

- Rescore your Trigger Foods Rating Sheet and review the Food Sensitivity Reaction list on page 235 in preparation for possible food reintroduction testing or more eliminations.
- Consider a switch in food plans. Herders and Hunters should switch plans if they're not satisfied with results in health, energy, craving, or weight, or for any other reason.
- If slow weight loss is a problem, explore your thyroid function, p 261.

## **Weeks 10-12**

- Review Chapter 15, *Home Food Testing: Personalizing Your Plate*.
- Use your *Trigger Foods Rating Sheet* to choose and prioritize the foods you'd like to try to reintroduce (or eliminate).
- Reintroduce foods as directed in Chapter 15 at your own pace.
- Keep extra-careful Daily Food Logs during any reintroduction or elimination testing periods.
- Be prepared to raise your aminos if reintroduced foods trigger cravings. (And remove those foods!)