

Welcome to the DietvsDisease program!

Transcript

Do you remember the very first time you got in a car to learn to drive?? What was it like? Were you anxious, worried, overwhelmed maybe? How did you learn to drive? You were probably taught by an experienced driver or a driving instructor. They told you when to indicate, when to turn, how to use your mirrors, where to drive. And over weeks of learning, you got more confident, knew when to indicate, how to judge distances, how to behave on the road. And then eventually you didn't need an instructor anymore...

We know from experience, from having helped thousands of clients, that the early stages of the program can feel overwhelming. A lot of emotions can be raised; worry, fear, excitement, stress...

Maybe you've suffered digestive issues for months, years or even decades. This can bring up a lot of stress; stress around not having found a solution to your issues so far, uncertainty about whether you will find symptom relief on the program, doubts about whether this is the right program for you.

And I want you to know that that's a completely normal experience and a completely normal part of change.

If you can trust in our process, and if you can ride the wave of overwhelm, it will dissipate and you will get to grips with the program as time goes on.

A lot of people bring a history of dieting with them to the program, and that's often not helpful. So I want you to stop: This is **not** another fad diet. What we're doing is **medical nutrition therapy**, that is nutrition designed for a specific purpose in health. Elimination diets are not designed to be done alone, they are designed to be undertaken with the support and guidance of Dietitians experienced with the health issues and diet type that is being used. Therefore we do not expect you to hit the ground running. We're not expecting you to have all the knowledge around FODMAPs or food chemicals, or even around basic nutrition. That's what we're here to teach you. We don't expect you to be able to consume all the information from the modules in a day or a week, and to know all the answers for yourself. That's why you're here. You've probably tried everything to fix your health, so let us walk that journey with you over the coming months. Slow and steady wins the race.

A lot of people also apply all-or-nothing thinking or perfectionism to their diet and this program as well. Please try to avoid doing that. If you make changes slowly over the coming weeks that we recommend, you will find it much less overwhelming. So in getting started on this program, I don't want you to change your diet in week one, just consume some information each day from our modules, get connected with your dietician, get into our Facebook group and track your usual diet, whatever that looks like. That will be the least overwhelming way to start. Our team will start to put together the picture of what foods are causing your symptoms and then recommend simple swaps to help you adjust your diet to bring symptom relief over the coming weeks. **You don't need to make a wholesale change.** So slow down, make it easy for yourself. Just consume the information from the modules and connect with your dietician.

And if you need additional help on your program beyond your primary Dietitian, please reach out to me directly either by email or on [messenger](#). I'm always here for you. Good luck. Trust the process.