

# MRD Challenge Questions

## FOOD/ SHAKE/ MEAL QUESTIONS:

1. I know I am supposed to do 2 shakes, but for me, I am lucky to get one down a day. I would much rather chew my food. I am looking for easy lunch menus that you love. Thanks for the help -

Try some of the shake recipes that add ingredients at the end so that you can chew the shakes. Here is an example:

### Almond Crunch Oatmeal

Uncooked oats are rich in beta-glucans. These are unique polysaccharides that have been shown to improve the immune function, lower cholesterol, and improve cardiac health. When used uncooked, oats are also a rich source of resistant starch.

Prep time:

5 minutes

Serving size

2 servings

Equipment

Blender

Tamper or spatula

Ingredients and quantities (add ingredients in order for easiest blending)

1/2 cup steel cut or old-fashioned gluten-free oats

1 cup purified water

1 cup ice

1/2 cup aquafaba or another thickener

Sweetener to taste - stevia leaf, lo han, xylitol powder

1/2 tsp Ceylon cinnamon

1/8 tsp cloves

Two servings of pea protein powder or another protein base

1/4 cup almonds - dry roasted and unsalted

\*optional - 3-5 drops almond extract

Procedure

Place oats in a blender

Blend for 1 minute

Add remaining ingredients except for almonds in a blender

Blend for 3-5 minutes until smooth

Add almonds

Blend for 10-20 seconds, just enough to break almonds and mix them in

Serving suggestions

Serve cold

Use large diameter glass or steel straw to drink

Options for leftovers

Refrigerate 1/2 of recipe in blender hopper or glass container. Use later for lunch shake

Keep unused amounts refrigerated. Mix well and drink within 48 hours.

2. 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. 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.

3. How long would a shake be good for if made in advance and kept refrigerated?

24 hours

4. 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.

5. Question- When I work the evening shift I eat dinner at 330-400 pm. But then am hungry when I get home at 1030 pm. How do I adjust my eating schedule?

Add unlimited foods as needed after work.

6. Would a cold red potato be an acceptable snack?

No, stick to unlimited food list for snacks.

7. When I use 2 scoops of the Reset shake I feel gassy. 1 scoop works well for me. Will I heal as quickly using only 1 scoop (1/2 serving)?

No, add 1/8 tsp ground ginger or 1/4 tsp ground cardamom to the shakes. Most find that like when starting probiotics, their gas decreases after a few days.

8. 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. I see SO many of the recipes in this program focus on these foods so I am concerned. I eat avocado, olive oil and some coconut for healthy fats, but without the fiber I do not feel very 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 IH Doc or your doctor if they can help with this.

9. 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.

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

No, best to continue on one shake in AM and follow the program in the Metabolism Reset Diet book for post reset maintenance ideas.

11. 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 IH docs can help with this.

12. What do you do about constipation while on this program? In the past when I have tried to do two Daily Reset shakes and one evening meal I got constipated. (We also get this question about bloating, and feeling gassy when they are doing 2 shakes a day)

Add 1/8 tsp ground ginger or 1/4 tsp ground cardamom to the shakes. Also, increase your water intake by 8-12 ounces per day. Most find that the shakes help reverse constipation after the first 1-2 weeks.

13. Hi!! 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 w those hunger pangs?

No, the program will not work otherwise. Please expect some level of hunger while on the Reset. This is normal and is OK. Most notice it the first several days and then find it more tolerable.

14. What else can I drink besides water? Seltzer water?

Unsweetened carbonated water, Hint water, and naturally caffeine-free herbal teas are fine.

15. 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.

16. 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?

17. 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.

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

Yes, green bananas have resistant starch which is helpful, yellow ones do not have resistant starch.

19. Where do I find the shopping list for the MRD Challenge?

[MRD Food Guide](#)

20. Where do I find the Recipes for the Challenge?

[MRD Food Guide and Recipes](#)

### **SUPPLEMENT QUESTIONS:**

1. 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.

2. 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.

3. I have been sick with the flu and barely eating. (Not good, I know with adrenal fatigue) 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.

4. What is Dr. C's View on the use of CBD oil? Emerging research shows that it is very beneficial for stress, anxiety, fatigue, hormones and many more things. I was wondering if he had an opinion on whether it would be beneficial for adrenal dysfunction.

I don't have an opinion since I've not seen any quality research.

#### **EXERCISE QUESTIONS:**

1. Wondering... when I'm having a below average energy day, should I still do my 30 minute/4 mile walk? Or how much activity? Feels like one of those do-less days. But I'm not in bed!!!

Please follow the exercise guidelines per the program.

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

1. 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.

2. 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. Does anyone else have the same experience and if so have you found 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 IH Docs can help with this concern.

3. 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 IH docs can help with this.

4. 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:**

1. 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

2. Why did I not lose weight?

For your next reset please weight and measure your meals; do limit your exercise, and do not use anything besides unlimited foods for snacks. Also, consider evaluating your thyroid function.

3. 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.

4. How long can you continue the challenge after the 7 days is over? After the 28 days is over?

Yes, take 2 weeks off, then safe to resume.