

# MY SCD<sup>®</sup> Protocol<sup>™</sup>

## A comprehensive, self-guided protocol to successfully implement the Specific Carbohydrate Diet<sup>®</sup>

Designed for Inflammatory Bowel Disease (IBD) patients

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MY SCD<sup>®</sup> Protocol is a comprehensive dietary intervention protocol based on the Specific Carbohydrate Diet<sup>®</sup>. It is designed for pediatric or adult patients diagnosed with IBD (Crohn's disease or ulcerative colitis).

The primary objectives of this IBD dietary protocol are to:

1. Provide symptom relief through consumption of well-tolerated foods
2. Expand the range and variety of tolerated foods while addressing nutrient requirements
3. Improve the ecology and diversity of the gut microbiota
4. Suppress the immune system's ability to activate and sustain an inflammatory response in the gut
5. Achieve sustained, long-term, remission as demonstrated by objective measures such as fecal calprotectin, endoscopy, or imaging modalities

How far each patient can go, and how fast they get there, is primarily driven by each patient's level of commitment to this intervention, adherence to the protocol steps, and ability to customize the intervention to meet their unique needs. My SCD Protocol is designed to help IBD patients address each of these challenges.

IBD patients are keen to modify their diet to better manage their disease. However, little or no dietary guidance is offered to most IBD patients. There is no standard or general guidance to help patients self-manage their day-to-day meal choices or to help achieve disease remission. When diet advice is offered, it is often in general terms, or it is a two-page flier, with little time to explain the benefits, the roadmap, and the tools needed to be successful. The vast majority of IBD patients are left with little access to dietary support and the tools and resources needed to properly implement them.

Many patients attempt but fail to find a dietary solution that provides long-term success. Many put themselves at serious risk of nutritional deficiencies, growth stunting in pediatric patients, and exacerbation of their disease.

As such, patients are left to rely on IBD medications as their sole strategy to manage their IBD. This is a risky approach given that as many as 55% of IBD patients do not respond to IBD medications. Between 23% and 46% of the patients who initially respond to medications lose that response over time [1]. It is

critical, therefore, to find and introduce interventions that can be effective in the short term (symptom relief), do not lose response over time, and help to redirect the course of this life-long condition. This document describes a proven, powerful dietary approach, the Specific Carbohydrate Diet®, or SCD, as the framework and foundation for altering the course of each patient's IBD. It further describes My SCD® Protocol, a highly effective, customizable intervention with step-by-step instructions, comprehensive tools, videos, and curated recipe sets to help every IBD patient implement and succeed with dietary intervention.

## What is SCD?

SCD eliminates all grains, most starches, sugar (except honey), dairy products (except butter, 24-hour fermented yogurt and hard cheeses which are essentially lactose free), and most store-bought, processed or prepackaged foods.

It was initially developed in 1924 to treat celiac disease [2]. It was later adapted to treat IBD [3].

SCD is the most widely studied whole food intervention in Crohn's disease and ulcerative colitis. A range of SCD studies in pediatric and adult IBD patients have demonstrated clinical and mucosal remission and normalization of blood and stool laboratory markers [4-11].

For many IBD patients, eliminating major foods categories in this diet appears to be an onerous, perhaps impossible task. What's left when so many ingredients are eliminated? Well, a whole lot of healthy, delicious breakfast items, snacks, baked goods, soups, salads, and a wide variety of lunches and dinners.

Patients are often surprised at what they've been missing. Colors. Taste. Aroma. Food becomes a friend and a healer. The real reward. Relief. Remission. Possibly reversal. And a higher quality life.

## What is it going to take to succeed with diet?

Dietary interventions, such as the SCD, require significant commitment and lifestyle change. Central to this undertaking is patient education, skill-building, and access to instructions and supporting resources.

Concerns regarding food-associated quality of life, risk of malnutrition and social acceptance should

additionally be addressed in any strict dietary intervention.

Successful dietary intervention requires a tailored implementation, progressive expansion of safe foods, nutrient diversification to help avoid risk of nutrient deficiency, and substitutions to help overcome challenges and roadblocks.

My SCD® Protocol is a powerful, comprehensive protocol to help IBD patients implement SCD on their own, using easy-to-follow, step-by-step instructions, tutorial videos, worksheets, self-assessment forms, and a curated library of recipes for every meal and stage of SCD.

Patients can also coordinate their implementation of this protocol with their professional caregivers, doctors, dietitians, or other multi-disciplinary care provider with experience and knowledge of this dietary intervention.

## The right diet can help IBD meds work better

Evidence exists for potential benefits of integrating medication and dietary therapy. Chiba, *et al* showed significant improvement in response rate with infliximab with implementation of a plant-based diet [12]. Kamata, *et al* reported concomitant use of partial enteral nutrition (PEN) with infliximab was significantly superior at preventing loss of response to infliximab than infliximab alone [13].

Tens of thousands of IBD patients have initiated and successfully implemented SCD, achieving sustained remission and lasting relief from their disease. Some have been able to reduce their IBD medications, or eliminated them altogether. Other IBD patients have been able to manage their disease without the need for any IBD biologic medications once they fully implemented their SCD protocol.

While each patient's case is different, and each patient has different personal health goals, there is no doubt that adding a robust and effective dietary intervention can completely alter the course of their IBD. Achieving medication-free remission may be a high priority for some. Achieving long-term and sustained remission with medication and diet may be success for others. As such, dietary intervention is a powerful tool that should be part of every IBD patient's overall disease management strategy.

## Why My SCD® Protocol

My SCD Protocol is designed to help patients succeed with SCD. Many patients successfully implemented SCD before this protocol was developed, but they did so on their, through trial-and-error, and without a structured roadmap. They had to reinvent the wheel each time. They made mistakes others had already made. They wasted time and effort instead of making progress. Many more simply gave up.

My SCD Protocol avoids all that. Patients can implement a proven method of starting, monitoring

their response, customizing their roadmap, and achieving their health goals.

They can leverage the accumulated knowledge and expertise from Dr Ali Arjomand who personally implemented SCD to reverse his long-lasting, severe Crohn's disease. They can tap into the deep knowledge he's gained supporting hundreds of other IBD patients. They can focus on all the right things and obtain tangible results. They can be successful. Faster. More reliably. More confidently!

### 21 DAYS on My SCD® Protocol

Actual results from 87 IBD patients who started their SCD journey with this protocol

**30%** OF IBD PATIENTS LOST OR REPORTED IMPROVEMENT IN

Diarrhea 

**57%**  

 Bloating


**21%**  

 Heartburn

**36%**  

 Back Pain

**26%** OF IBD PATIENTS REPORTED REDUCED

Cramping 

**36%** 

 Diarrhea & Constipation

**39%** 

 Fatigue

#### Key priorities and personal goals of patients who started My SCD® Protocol

- Reduce or eliminate GI symptoms
- Reduce intestinal inflammation
- Achieve mucosal healing
- Obtain essential nutrients
- Enjoy foods again
- Reduce medications
- Reach personal goals



## Top reasons given by IBD patients for starting My SCD® Protocol



## What's inside My SCD® Protocol

Dr Ali Arjomand integrated all the SCD content, methods, and assessment tools he uses with his IBD patients in clinic into a step-by-step, self-guided, on-line protocol for everyone to implement on their own.

My SCD® Protocol is a full-featured, comprehensive protocol that includes:

- All the tools needed to build a personalized dietary intervention framed around SCD
- Clinical portal and companion mobile app
- Educational video series
- Staged SCD ingredients, stages and matching recipes
- Downloadable packets and worksheets
- HIPPA-compliant online self-assessments forms & worksheets
- App-based symptom trackers, food and nutrient database, and lifestyle journaling tools



This self-guided protocol empowers patients to start and succeed with SCD on their own time, at their own pace and in the convenience of their own home.

## Learning Material

My SCD Protocol includes a comprehensive set of educational materials and video series. This helps patients achieve a solid foundational thinking around diet and IBD and positions them for long-term success. Topics covered include: What is dietary therapy? How does it work with IBD? Protocol guiding principles. What to expect? What's ahead? SCD history. Implementation roadmap. Expected challenges. SCD ingredient tables, SCD stages, and more.

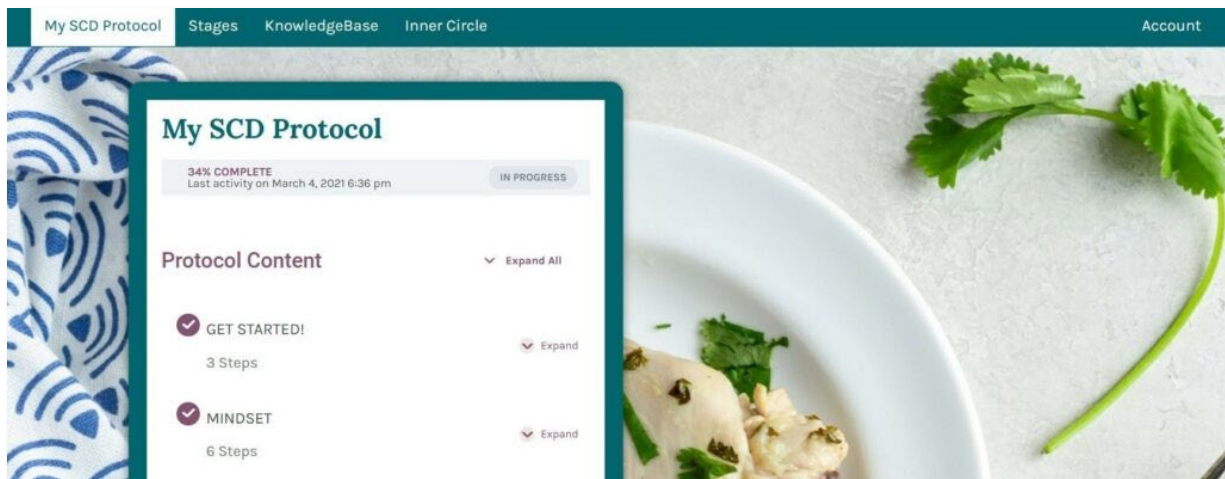


Figure 1 Online protocol material is clearly presented through Sections and Steps.

Patients access their learning material using an easy-to-follow, self-paced, online program. They can download the worksheets and tools for convenient use in their kitchen. They track and complete specific tasks as they prepare for their SCD start date!

The protocol includes instructive videos developed specifically for the My SCD Protocol. Dr Ali Arjomand walks through the protocol materials and explains why, what, how, and when to take steps along the SCD journey. These invaluable videos raise awareness, build knowledge, create a sense of empowerment, put patients in control, and help them move forward with intention and confidence.

## Companion Mobile App

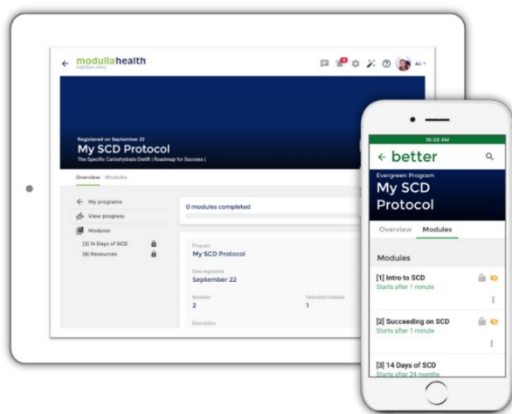


Figure 2 The powerful, full-featured, HIPAA-compliant companion app supports implementation and progression of this protocol. App access is included in the purchase of My SCD Protocol.

The protocol includes a powerful companion mobile app (Android & iOS) to log progress, track symptoms, complete self-assessment forms, journal food entries, and a lot more. The app operates on a HIPAA-compliant secure clinical platform. All logs, entries, and records can be retrieved by the patient and shared with their healthcare provider. This is to support patient care coordination and a patient-centered care model.





Figure 3 The protocol includes educational videos recorded by Dr Ali Arjomand that explain each step of the protocol, support each patient's understanding of the overall process, and help to build long-term adherence and commitment to the protocol.

The program contents are accessed through an online digital resource. As such, the content can be continuously refreshed and updated with the latest scientific findings. Patients come back to their content for updated information, new recommendations and practical tips that make implementing SCD even easier and more effective.

## Monitoring Tools

A key feature of the My SCD Protocol is the ability to customize the protocol in a way that works for each patient. There are many ways to implement and progress through SCD (for example, which ingredients work at first, which ones should be hold off for later). To allow customization in a methodical manner, the protocol comes with a set of worksheets (digital forms that are completed

using the HIPAA-compliant app), self-assessment tools, nutrient trackers, and symptom loggers.

Figure 4 Sample screenshot of tracker and journaling tools accessible through the companion mobile app. The information that is logged help to reliably customize and adjust progression through the SCD Stages.

The companion app included in the protocol helps to easily log food reactions, symptoms, and responses to the SCD intervention. These entries help patients monitor their progress and customize their journey in a manner that fits their unique needs. It also simplifies record-keeping for future access and review. For example, patients can look back in six months to see how far they have come and how much improvement they have generated in their overall health!

Self-assessment digital forms allow reliable tracking of reactions to each of the major SCD ingredients. Instructions are included describing how to monitor responses and, more importantly, how to make sense of them so patients can confidently progress to a broader range of SCD ingredients. The companion app has an easy-to-use journaling feature that allows food logging, water consumption, and tracking meal timing (time of consumption).

The app automatically calculates nutrient values of foods that recorded in the journal, including calories, protein, fiber, and calcium. One exercise recommendation is to log and assess nutrient intake over a 3-day span and then compare the results to personalized intake targets. Patients, and their care team, can easily see which nutrients are lacking or need additional focus. These reports can be downloaded, printed, and shared with the patient's GI doctor to ensure they are comfortable and fully on-board with their patient's dietary routine.

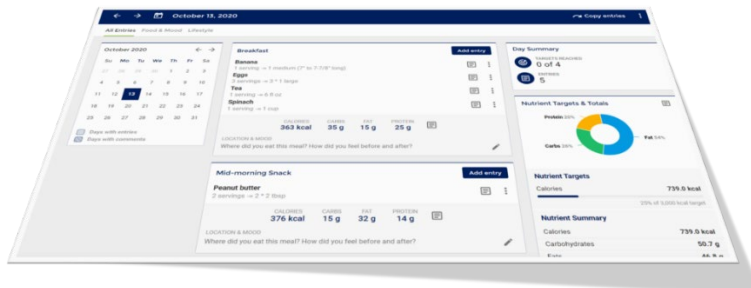
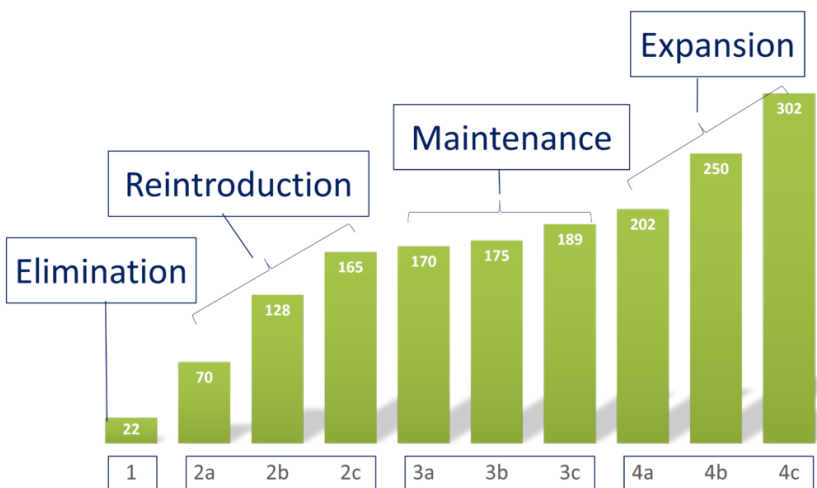


Figure 5 Nutrient dashboard automatically tabulates and reports daily, weekly, and monthly nutrient intake for foods entered into the Food Journal available in the companion mobile app.

## Stages and Ingredients

Succeeding with SCD requires more than simply knowing the 'legal' and 'illegal' ingredients. That's a good start, but what do patients introduce first, second, and so on. My SCD protocol is broken down into 4 distinct Stages. Each Stage serves a unique purpose, introducing defined sets of ingredients, methods of preparation and recipe sets that match each Stage. Patients are instructed to progress only when they are ready to do so. They hold their stage when needed, and may even go back to a simpler Stage for a short period to recover, then move forward. The self-assessment forms and monitoring tools help patients decide how fast, or how slow, they can progress. The staging and progression is laid out in clear terms: Stage-specific SCD ingredient tables; starter sets, expansion sequence; green light/red light progression.



This protocol bundles SCD ingredients into defined stages, each with its own specific purpose. Stages come with a preset number of SCD ingredients and recipes that match those ingredients. Learn why this makes sense, what happens at each stage and how to modify the progression to match your specific needs.

Figure 6 The number of SCD ingredients available at each Stage of this Protocol.

## Recipes and Reference Meal Plans

My SCD Protocol is packed with over 200 recipes covering every stage of the protocol. Everything is included to help start the day with a tasty and nourishing breakfast, along with snacks, lunch, dinner, deserts, drinks, you name it. Each recipe includes nutrient content, SCD recipe ID (to help with your journaling) and ways to modify it to suite your needs and preferences. Download, print and keep the recipe sets forever.

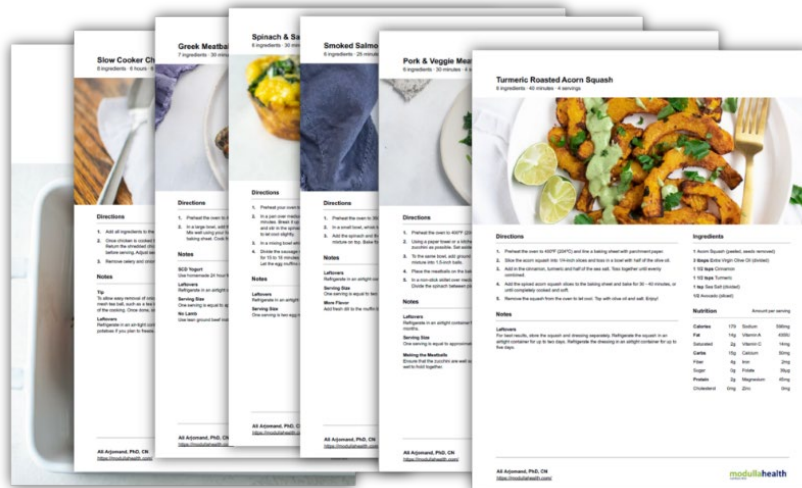


Figure 7 Easy-to-follow recipes matching each Stage of the Protocol can be viewed on the protocol website, bookmarked, or downloaded and saved as individual recipes or entire recipe booklets. All recipes have been individually designed and curated specifically for followers of My SCD Protocol.

## The Key is Personalization

There is no single protocol for starting and progressing through SCD. Every IBD patient is different from every other patient. Each patient's SCD path should be different too. My SCD Protocol encourages customization so it can work for each patient's unique body. For example:

- |  |                                       |
|--|---------------------------------------|
| What ingredients work best at first?   | How to interpret symptoms?            |
| What ingredients to re-introduce next? | How to meet nutritional requirements? |
| In what order?                         | When to pause and when to progress?   |
| At what pace?                          |                                       |

**The Inner Circle Membership** - Patients following My SCD Protocol can get extra support, guidance, and supervision by Dr Ali Arjomand. An optional add-on monthly membership, called the Inner Circle, offers access to weekly live Q&A calls with Dr Ali Arjomand, open discussions around what is working, what is causing trouble, how to interpret results, how to troubleshoot each step, and more. There are also deep-dive workshops on specific topics related to diet and IBD that go beyond SCD. For example, dietary supplements, probiotics and fermentation, lifestyle factors, introducing physical activity, managing stress, sleep, conversations with GI doctors, and more. Members access Inner Circle through a private (non-Facebook) member site with discussion forums supervised and moderated by Dr Ali Arjomand.

**The Eat-to-Target™ Program** - For closer supervision, and private one-on-one sessions, patients can sign up for the Eat-to-Target™ Program – a comprehensive program built around My SCD Protocol that objectively monitors SCD progress using fecal calprotectin measurements. The goal is to achieve a negative result (below 250 µg/g) in less than 12 months of supervised consulting with Dr. Ali Arjomand. Achieving a negative fecal calprotectin is an indirect marker of histologic remission in Crohn's disease & ulcerative colitis and a strong predictor of sustained remission 12 months into the future.



## Learn More and Get Started!

<b>SCD Learning Hub</b>	<a href="https://ibdnavigator.com/my-scd-protocol-hub">https://ibdnavigator.com/my-scd-protocol-hub</a>
<i>Common Questions, Videos, Testimonials Publications, and more</i>	
<b>Video Series</b>	<a href="https://vimeo.com/showcase/8864337">https://vimeo.com/showcase/8864337</a>
<b>My SCD Protocol Info Page</b>	<a href="https://ibdnavigator.com/membership/my-scd-protocol-info-page/">https://ibdnavigator.com/membership/my-scd-protocol-info-page/</a>
<b>Purchase Page</b>	<a href="https://ibdnavigator.com/subscribe/scd-protocol/">https://ibdnavigator.com/subscribe/scd-protocol/</a>
<b>Inner Circle Info</b>	<a href="https://ibdnavigator.com/membership/my-inner-circle-info-page/">https://ibdnavigator.com/membership/my-inner-circle-info-page/</a>
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<b>IBD Nutrition Clinic</b>	<a href="https://ibdnavigator.com/clinic/">https://ibdnavigator.com/clinic/</a>

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