

Challenge	Quick Fix	Why It Works
Bloating	Reduce high-fat meals for 3 days. Eat mono meals of melons, cucumbers, or papaya.	Low-fat, high-water foods digest faster and reduce fermentation.
Constant Hunger	Add more calorie-dense fruits (bananas, dates, mangoes). Include hearty salads with avocado or tahini.	Increases calories and satiety without heaviness.
Detox Symptoms (headaches, fatigue, skin breakouts)	Rest more, hydrate, add simple cooked vegetables if needed.	Gives your body time to adjust while still supporting cleansing.
Feeling Cold	Eat grounding foods (avocado, tahini, seeds), use warming spices, and layer clothing.	Supports thermogenesis and comfort in cooler climates.
Strong Cravings (bread, chocolate, cheese)	See "Craving Rescue Map" for swaps like flax crackers, cacao smoothies, or cashew cheese.	Satisfies texture and flavor needs without processed foods.
Low Energy	Check calorie intake, hydration, and sleep quality before blaming the food. Add more sweet fruit if under-eating.	Often fatigue is from low fuel or recovery, not the diet itself.
Digestive Upset	Eat fruit on an empty stomach. Avoid combining sweet fruit with high-fat meals.	Supports optimal digestion and nutrient absorption.
Weight Loss Too Fast	Add calorie-dense raw foods and blend more meals for easy digestion.	Prevents excessive weight loss and keeps energy steady.