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Program Introduction

Phase Summary and Timelines
Stay on the FAST Freedom Road
Orthorexia and ARFID

Phase 1: Assess & Stabilize

[Limit Research](#)
[Create a Trusted Foods List](#)
Food Tolerance Inventory
Decide What to Eat for The Next ___ Weeks, Without Second-Guessing or Fighting Against It
Record Your Suspicions in a Scrap Paper Journal
A Consistent Intake Can Give Your Clues
Online Grocery Orders
[Meet Your Basic Nutrient Requirements](#)
[Improve How You Eat](#)
Create a Relaxed Eating Atmosphere – Inside and Out
Notice if You are More Reactive in Certain Situations
Experiment With Dietary Patterns
[Cultivate More Pleasure in Your Life](#)
[Start a Daily Self-Compassion/Reset Break](#)

Phase 2: Get Ready for Self-Reflection

[Have Patience](#)
Importance of Self-Reflection
Meaningful Change is Often Slow
Short-term Goals May Be Easier Than Long-Term
Change is not a One-Direction Journey
[Soften Self-Blame and Defensiveness](#)
Acknowledge How Hard Mysterious Symptoms Can Be
Feeling Responsible for Symptoms Flares
The FAST is a Big, Wide Hole, and It is Hard Not to Slip
Take an Objective Look at Your Experiences and Sit with the Discomfort
[Everyone is Unique](#)

Phase 3: Break Out of the FAST

FAST Theory

[Janet's Story](#)
[Flow Chart and Mini-Cycles](#)
[Risk Factors](#)
[Consequence of Reactive Mode](#)
Comparing Reactive and Responsive Modes
We Shift into Reaction Mode When Feeling Threatened
Two Types of Danger Cues in the FAST
Reactive Mode Symptoms
Reactive Mode Lowers Physical Reaction Thresholds
Reactive Mode Drives Inaccurate Stories
Reactive Mode Leads to Impulsive Decisions
[Conditioning Adds to Symptoms](#)
Symptoms are a Combination of Conditioned and Physical Mechanisms
Physical Food Sensitivity Mechanisms
Danger Cues Trigger Reactive Mode Symptoms and Your Unique Associations
Danger Cue – Symptom Associations
Conditioned Mechanisms are not "Less Legitimate"
Minimizing Conditioning Drastically Improves Symptoms
[1st Cycle: Physical Sensation Danger Cues](#)

[2nd Cycle: Mistrust Drives Research](#)
Extreme Information Creates Food Mistrust
Sources of Misleading Theories
Catastrophic, Black-and-White Food Sensitivity Language
Food and Health Labels
The "Seeds" of Mistrust
[3rd Cycle: Trauma Creates F-S Associations](#)
Food-Symptom Associations
Traumatic Experiences
Imagined Experiences Are Powerful
Repetitive Thinking Reinforce Associations
Reliving a Bad Food Experience
[4th Cycle: Danger Cues, Rules, Avoidance](#)
Food Danger Cues (particularly vague ones) Make Life Difficult
Food Rules Initially Give a Sense of Control but Eventually Drag You Down
Most Restriction Lists are Based on Speculation
Context Danger Cues
Avoidance Reinforces Perceived Danger Cues, and Food Rules Become More Strict
[Symptoms Worsen the Longer Trapped](#)

Break Out of the FAST

[Your Workbook](#)
[Pausing](#)
[Balanced Vigilance](#)
[Examine the Validity of Your Assumptions](#)
[Redirection to the Present Moment](#)
[Encourage Pleasurable Food Experiences](#)
Let the Good Feelings Sink In
Happy Food Memory List
Incorporate "Food-Fun" Into Your Day
[Responding to Symptoms](#)
Non-Judgmentally, Explore the Sensations
Is It a Symptom or an Unusual Sensation?
You May Not Know the Trigger for Every Symptom
Let Go of the Expectation to be Symptom-Free
[Visualization Practices](#)
Visualization Tips
Example Practice
Practice Your In-The-Moment Redirections
Build Food Trust
Build Body Trust
Soften Resistance

Phase 4: Expand Your Diet

[Safety Precautions](#)
[Expect Symptoms](#)
[Move Past Exaggerated Fear](#)
[Determine Your Best Approach](#)
One-Week Reintroduction Plans in Your Weekly Self-Reflection
Food Challenges, Gradual Reintroduction, and an Unstructured Approach
Adjust Your Plan According to Other Factors in Your Life
[Food Challenges](#)
Food Challenge Difficulties
Food Challenge Plan
Blinded Food Challenges
[Gradual Reintroduction](#)
Environmental Reintroduction
Visualization and Imagined Exposure
Gradual Reintroduction Plan
Food Chaining
Introduce Multiple-Foods
Context Danger Cues

[Reintroduction Atmosphere](#)
Calm Your Mind/Body
Supportive Companionship
Mindfulness vs. Distraction During Food Reintroduction
[Minimize Impulsive Eating](#)
[Decide What Foods to Reintroduce](#)
Choose the Food and the Order
Start with the Most Tolerable Form
Prepare Small Quantities
[Evaluate Your Food Reintroduction](#)
Identify Problematic Foods
Concerns about Subtle Inflammation
You May Not Have a Definitive Answer, but You Need to Decide
Diet Expansion is Not Usually Continuous
"Have I Needlessly Restricted My Diet?" Guilt
[Continue Restricting Some Food](#)
Reasons For Continued Restriction
Can You Eat a Small Portion?
Keep an Open Mind (Remain Curious) for the Future
The Grieving Process
[Maintain Tolerance](#)

Phase 5: Tools for Future Roads

[Follow One Road at a Time](#)
[Think Critically About Potential Treatments](#)
Two Types of Evidence – Scientific and Anecdotal
Research is Like a Puzzle
Carefully Evaluate Claims Made by Companies
[Find a Balance with Research](#)
[Decide Which Experiments to Try](#)
[Write Your Experiment Plan](#)
[Evaluate Your Experiment](#)

Further Topic Exploration

[Most Answers Are Below the Surface](#)
[Psychological and Physical Tolerance](#)
[The Science of Fear Conditioning](#)
[Blaming Food Unnecessarily](#)
Food is Easy to Monitor and Control
Internal vs. External Triggers
Digestion Can Lead to Symptoms (regardless of what you eat)
Interpreting Symptoms as 100% Physical
[Balanced Perspective on Anaphylaxis](#)
[Inconsistent Physical Reactions](#)
Overflowing Bucket Theory
Food Component Concentration Variation
Co-factors
[Reactive + Restriction = Impulsive Eating](#)
Kate's story
The Pendulum Swing Between Restriction and Overeating
[Mindful Eating](#)

Manage Necessary Restrictions

Nutrition
[Essential Nutrition](#)
Back to Basics
Variety is Ideal, But Not Essential
Food is Not Medicine
[Micronutrient Supplements](#)
Multivitamin/mineral Supplement
Vitamin D3
Calcium
Meal Planning
[Creative Meal Ideas](#)
[Simple-Flexible Recipes](#)

- [Baking](#)
- [Soups & Stews](#)
- [Hot Meals](#)
- [Side Dishes & Salads](#)
- [Snacks](#)
- [Dehydrated](#)
- [Condiments & Flavorings](#)
- [Sweets & Treats](#)

[Freezing Meals: What to Freeze](#)

[Freezing Meals: How to Freeze and Reheat](#)
Freezer bags
Freezer-safe containers
Freezing small chunks
Reheating
[Freezing Meals: Additional Tips](#)
Food Safety
Big-Batch Cooking
Organize Your Freezer
Socializing
[Talk About Your Food Sensitivities](#)
Talk with Your Doctor
Friends and Family
Co-Workers
[Eat Out](#)
Social Isolation
Restaurants
Social Gatherings
[Portable Meals and Snacks](#)
Equipment
Day Trips
A Few Days