

Steady Meal Rhythm Reset

Goal: test a steadier rhythm without creating a new restrictive diet.

Seven-Day Reset

- Keep familiar foods.
- Choose a steady first meal time.
- Avoid one very large catch-up meal.
- Move dinner earlier if nighttime reflux is part of the pattern.
- Keep caffeine timing consistent.
- Track stool pattern and bloating.

Stop Points

Stop self-testing and seek medical guidance for bleeding, fever, dehydration, severe pain, persistent watery diarrhea, or unexplained weight loss.