

# Acc(u)Life

## WHEN YOU ARE SICK

When you are sick, you have several options as to how to approach your food cycle.

1. If you are feeling well enough to continue with the food cycle but are experiencing a lot of phlegm and/or mucus, on Milk Days, if you usually use dairy, temporarily switch to our Plant-Based options. [www.youracculife.com/PlantBased](http://www.youracculife.com/PlantBased). You may switch back to dairy when you are feeling better.
2. If you are feeling well enough to continue with the food cycle but need extra protein to support your healing process, each morning, have a hard-boiled egg with salt. As needed, you may have a second hard-boiled egg any time after 3pm. Stop using the eggs when you are feeling better.
3. If you are not feeling up to following the food cycle:
  - Every day will become a Vegetable Day
  - In addition to your normal food allowance, each day add 5-7oz of light proteins such as chicken, fish, eggs, lentils, chickpeas, edamame.
  - Note: it is ok to use chicken broth during this time (no noodles!)

As always, drink plenty of fluids and use electrolyte water to keep properly hydrated. Unless instructed by your physician, continue to avoid juice.

When you are feeling better, your first two days back on the program should be regular Vegetable Days without modification. After that, you may return to your 4-day food cycle.

Please note, when ill or on antibiotics the body will tend to retain water. This is temporary and will pass. The above modifications may temporarily slow the weight loss, but if you follow the guidelines, you will not gain.

### Feel Better Soon!

**NOTE: ACC(U)LIFE IS NOT A MEDICAL PRACTICE AND DOES NOT PROVIDE MEDICAL TREATMENT. PLEASE SEE YOUR OWN PHYSICIAN FOR MEDICAL ADVICE.**