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Dynamic Cleanse & Sustenance

FAQs



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The idea of Dynamic Cleanse & Sustenance is to provide a starting point that should be of benefit for anyone who chooses to follow it.

It is a free resource and will remain that way. And so long as you downloaded it from our site, you will have access to constant updates as the protocol develops.

The premise of the book is very simple and despite going into a large amount of detail throughout the main book, there are bound to be questions that will come up due to uncertainty.

Therefore, rather than re-write the book every time, we will utilize this FAQ booklet to give the most commonly asked questions and periodically upload new updates.

We have also set up a Facebook page specifically for the purpose of posting questions and sharing meal ideas.

Be sure to check it out at <https://www.facebook.com/DynamicCleanseSustenance>

In the meantime, if there there is anything you are unsure about from the book, this should be your first port of call as these are the questions we have most commonly received from those who have utilized the protocol so far.

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Can I only have one item from each list? No, you can count the lists as additional pantry elements and you can have as many items from each list as you like in each meal (with category D always dependant on your carb requirements), so you are welcome to have 3, 4 5—10 vegetable portions in each meal, 3 or 4 separate proteins mixed together. It doesn't matter. All that is important is you consume AT LEAST one item from each list.

With choosing whether you want to lose body fat or gain muscle, I want to do both, which do I go for? You can't do both optimally. You have to pick one and target doing the best you can on the other one. So you either make fat loss your primary focus and do all you can to add muscle (or at least not to lose any) or you target muscle gain and try not to gain any fat.

Are there any rules with regards to portion size? Not really. The idea is not to gain or lose specifically. It is likely to happen (especially fat loss) but if you eat these things the only things you are likely to be able to over indulge on will be the carbs, which is why they have rules against them. Other than that, eat as much as you need to satisfy yourself. The only worry then is not eating enough, so be sure to eat until you are satisfied. As ever, listen to your body for feedback.

The plan is gluten free, how far does this go? E.G. Do I need to source gluten free oats? Cous Cous & Oats both have gluten in them. If you have celiac disease you should not have these. Most people, however, who do not have celiac tolerate these ok. But they are ones to be wary of. The only 2 items on the carb list that are pretty much 99% fine (with very rare exceptions) are white potatoes and white rice, everything else carries a very small risk of inflammation, but I can't keep the list to 2 items, so people just need to watch for symptoms with the others.

I want to read more, where do you suggest I look? There are a number of resources I could recommend, but there are 2 that instantly spring to mind in conjunction with this plan.

I am, of course, assuming you have already looked to our online article resource in [The Core](#) as there is a ton of information there and it is expanding all the time.

Firstly, if you are struggling with the mental approach and find you can't see the plan through as you are slipping up due to 'lack of willpower' and don't know how to break the pattern, I'd highly recommend reading [The Chimp Paradox](#). It is a fantastic book showing how your brain functions and by understanding why you do what you do, you may be better equipped to take action.

The other, mentioned in the introduction of the book, is [Nate Miyaki's Samauri Diet](#) book. It is the ONLY book on nutrition I have ever read where I have felt it married almost perfectly with my view on approaching the subject.

Click on either link to go straight to Amazon to pick up the product.

To be open, we do have an affiliate account with Amazon and so if you purchase through these links we get a very small commission. But that does not affect the cost and I wouldn't be linking to it if I didn't believe in these specific products. However, having small contributions like these help keep free resources like this one coming.

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