

DROP ACID BOOTCAMP **WORKBOOK**

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Today is Day One

Welcome to the Drop Acid Workbook!

On the following pages, you'll find additional tools and information to support your journey to understand uric acid, manage your uric acid levels, and put the fate of your health back in your hands.

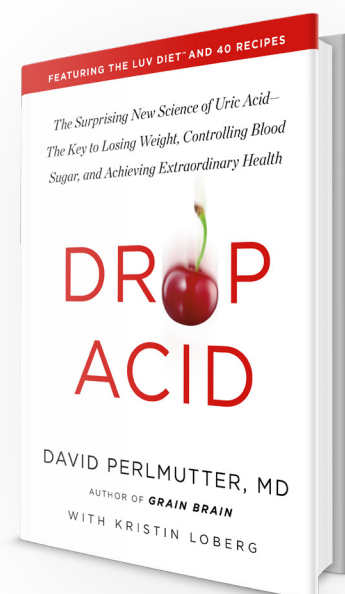
This workbook is intended to be complementary to the information inside *Drop Acid*, and will reference content from the book several times, so if you have not received your copy of the book yet, do wait to use this workbook until you have a copy of the book in your hands.

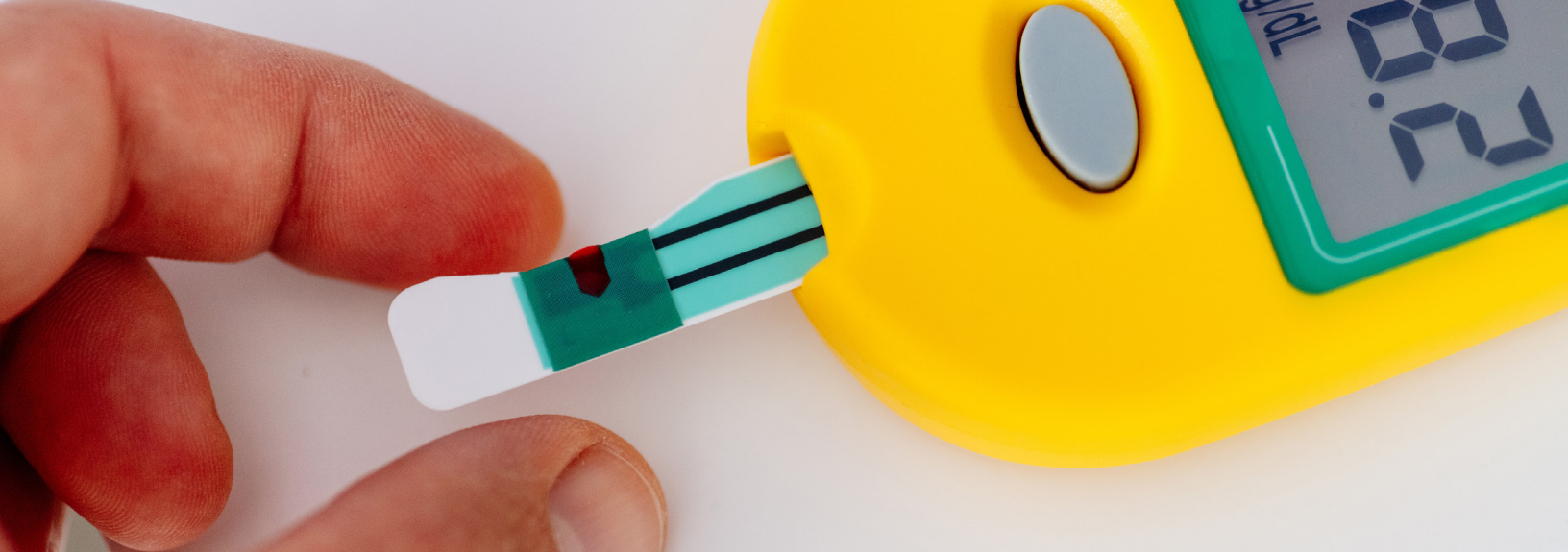
This workbook is laid out as a 3-week on-ramp to a lifestyle that promotes lower uric values and healthier living, with an optional preparation period.

But know that this is not a one-time tool. You can revisit this workbook at any time if your diet has gone astray, or if you're simply looking to have some structure around your lifestyle and nutritional habits. And know that this program doesn't end after 3 weeks either! However, we do know that it takes approximately 21 days to form a new habit, so this program is designed to get you over that hump and solidify these practices as a part of your healthy living routine.

Wishing you the best of luck on this journey. Be sure to share yours with me on social media with #DropAcidBook and #LUVStory, or visit DrPerlmutter.com for more resources!

Now go make your own LUV Story!





Preparing to Drop Acid

This is it. This is the start of your journey to a life full of LUV.

And like any good journey, the preparation begins before you ever take the first step. So whether your plan is to start this program in 24 hours or in 24 days, use whatever time you have to set yourself up for success by taking the time to implement the four suggestions I have laid out in the section. Certainly, none of them are required, but all are steps that, if taken, will empower you with more information and tools to help make the next three weeks a success.

ON THE NEXT FEW PAGES, I'LL LAY OUT FOUR ACTIVITIES FOR CONSIDERATION:

- Testing your uric acid levels
- Trying a one-day fast
- Buying my recommended supplements for a LUV lifestyle
- Setting your intention

Action 1

Test Your Uric Acid Levels

Don't know what your uric acid (UA) levels are? You've surely been tested routinely in the past and can actually test yourself at home, just as you would check your own blood sugar, weight, or temperature.

For those who want to start testing with this program, plan to test your uric acid level at least once a week and then at least every two weeks thereafter. [The brand I recommend for uric acid testing is UASure and it is available online.](#) It's an easy and quick way to measure the level of uric acid in your blood at any given time with a painless prick of your finger. The kit is well worth the investment.

Aim to test first thing in the morning before any meals or exercise. Pick a day and mark it on a calendar so you can keep your testing schedule consistent.

As far as what the reading should be, you'll want to keep your uric acid level at or below 5.5 mg/dL whether you're a man, woman, or child. This recommendation is a more rigorous goal than established medical guidelines deem "normal," but we're aiming for optimal—a loftier bar.

Note: While fasting, you can skip testing your uric acid levels until 24 hours after the end of the fast. Or, if you feel like experimenting to see how the fast affects your uric acid levels, test before, during, and after.

Action 2

Try a One-Day Fast

Put simply, temporarily denying your body nutrients through the safe practice of time-restricted eating is one of the best ways to boost the integrity of your cells. That's why, for a long time now, I've been a proponent of time-restricted eating and fasting. There are many benefits to fasting: it can help restore insulin sensitivity, assist with weight loss, and activate the process of autophagy that clears out cellular debris.

Given that fasting is an excellent way to speed up your body's metabolic transformation and provide a foundation for any health change, I suggest

partaking in a one-day fast to give yourself a bit of a reset before beginning this protocol. Additionally, it can help reset your habits with relation to food and meal times, perhaps helping you also shorten your eating window to time-restrict meals into a smaller daily window (think 12PM - 6PM).

The fasting protocol is simple: No food but lots of water for a twenty-four-hour period. Avoid caffeine, too. If you take any medications, by all means continue to take them (if you take diabetes medications, or have any other health issues that would make fasting potentially dangerous, please consult your physician first).

If possible, consider doing this fast the day before Week 1 begins, or on the first day of Week 1. This will set you up on a launchpad for success with this new protocol.

Note: While fasting, you can skip testing your uric acid levels until 24 hours after the end of the fast.

Action 3

Buy These Supplements

While I believe in getting as many of our nutrients as we can from real food, it never hurts to have a back-up plan. The five supplements listed below are all scientifically proven to support lowering uric acid values (you can find the citations in *Drop Acid*), so I suggest adding them to your daily intake. Of course, consult with your doctor first to be sure there are no possible complications with any existing medical conditions or medications.

QUERCETIN

Quercetin inhibits the actions of an enzyme called xanthine oxidase, which is required in the final step of your body's biochemistry to produce uric acid. Anything that can inhibit this enzyme will reduce production of uric acid. Dose: 500 mg per day.

LUTEOLIN

Luteolin has been shown to have uric-acid-lowering activity on par with the commonly prescribed gout medicine allopurinol. It has also been shown to prevent dysfunction of beta cells in the pancreas. Because elevated uric acid can cause direct damage to the pancreas, whose beta cells are key for insulin production, this is an important finding. Dose: 100 mg per day.

DHA

DHA fights back inflammation in the gut caused by a poor diet, and it can block the damaging effects of a diet high in sugar, especially fructose, and help prevent metabolic dysfunction. Dose: 1,000 mg per day.

VITAMIN C

Vitamin C increases the urinary excretion of uric acid, may decrease uric acid reabsorption in the kidney, and also, interestingly, because vitamin C is a powerful antioxidant, it may reduce damage to tissues that would have led to more uric acid production. Dose: 500 mg per day.

CHLORELLA

You may not have heard of chlorella before, but it is a single-celled, freshwater medicinal algae. There are many species, but the one most studied for lowering uric acid is *C. vulgaris*, which is easy to find in supplement form. Chlorella is commonly used to help ameliorate features of metabolic syndrome as it's well known to help lower blood sugar and C-reactive protein, as well as lower triglycerides, boost insulin sensitivity, and improve liver enzymes. Dose: 1200 mg (*C. vulgaris*).

Action 4

Set Your Intention

Why is this a part of a workbook plan for lowering uric acid values? Well, because when you have a purpose, an intention for doing something, and you articulate it, you're more likely to maintain the habits that will ultimately help you realize your goals. Plus, healthy living is not just about the food that goes into your mouth, it's about the thoughts that make their way around your brain. Taking time to set an intention will help give you the mental focus and purpose needed to build healthy habits that last. So, I'm challenging you to set an intention below.

SOME TIPS:

- Be specific. For instance, "be healthy enough to run a 5K" is much more actionable than "be healthy"
- Keep the big picture in plain sight. Don't get lost in a the journey ("I want to eat more kale!"), focus on the destination ("I want to have a uric acid value under 5.")

- If you're having trouble coming up with this, try using one of these prompts:

I am trying to Drop Acid because:

During the next 3 weeks, I am excited to:

When I am struggling, I will remind myself:



Week 1:

Dietary Edits

Food is essential.

We've long known that food is information. The foods we consume send signals to our life code, our DNA. Everything we put in our mouths has the potential to change the expression of our genes.

But now, one in five deaths globally are attributed to poor diet. And poor diet, as you now know, is linked to the dangerous build-up of uric acid that wreaks havoc on the body. So instead of changing out health, and our genes, for the better, we're filling our body with things that are actually raising our risk of disease and death.

But that ends today.

Welcome to the LUV program, which prioritizes diet first and foremost.

Kitchen Clean-Out

Setting the stage for lower uric acid values means setting yourself up with a kitchen full of ingredients that are going to help you create healthy meals and snacks. Unfortunately, the items below are not a part of that plan. Take 30 minutes today and part with the items below. Maybe you want to go the Marie Kondo route and thank each for their service, or take a final nibble of some before they end up in the trash, so feel free to do whatever works for you! As a final consideration, depending on what the items are, consider donating them to a food pantry in your area.

Note: This list is as comprehensive as can be, but use your best judgment on whether an item not listed here makes for a healthy diet or not. For instance, we mention potato chips below, but not pretzels. Safe to say both are best to avoid!

GRAINS

Breads

Pastas

Pastries

Cookies

Crackers

Desserts

Cereals

Muffins

PROCESSED CARBS, SUGAR, AND STARCH

Chips

Sugary snacks

Candy

Energy and snack bars

Ice cream/frozen yogurt/sherbet

Jams/jellies/preserves

Ketchup

Commercial marinades, sauces salad dressings and pasta sauces

Processed cheese spreads

Juices

Dried fruit

Sports drinks

Soft drinks/soda

Dried foods

Agave

Sugar (white and brown)

Corn syrup

Maple syrup

ARTIFICIAL SWEETENERS, AND PRODUCTS MADE WITH THEM

Acesulfame potassium
(Sunett, Sweet One)

Aspartame
(NutraSweet, Equal)

Saccharin
(Sweet'N Low, Sweet Twin, Sugar Twin)

Sucralose (Splenda)

Neotame
(Newtame)

Xylitol

Sorbitol
Mannitol
Maltitol
Erythritol
Isomalt

COOKING OILS AND PRODUCTS

Margarine
Vegetable shortening
Soybean oil

Corn oil
Canola oil
Peanut oil
Safflower oil

Grapeseed oil
Rice bran oil
Sunflower oil

STARCHY VEGETABLES

Beets
Corn
Peas

Potatoes
Sweet potatoes
Yams

Any Other vegetables that grow below ground
(except carrots and parsnips)

MEATS

Bacon
Sausage
Ham
Salami
Prosciutto

Smoked, canned or dried meat
Cold Cuts
Hot dogs and other any other processed meats

Organ meats
(liver, kidney, sweetbreads, etc.)

NON-FERMENTED SOY PRODUCTS

Soy milk, soy cheese, soy burgers, etc.

Tofu

Anything made with soy protein isolate

Drop Acid Shopping List

Once you've made room in your pantry and refrigerator, it's time to fill your shelves with all the delicious foods you can eat as part of a lower uric acid lifestyle (and there are a lot of them!). Use the below next time you go to the supermarket to start your journey. As with the previous list, use this as a jumping off point. For instance, I didn't list out every vegetable you can eat, but use the knowledge from the previous exercise and this list to make a judgment call (or ask me online)!

HEALTHY FATS

EVOO

Sesame Oil

Coconut or
MCT Oil

Avocado oil

Organic or
pasture-fed butter

Ghee

Coconuts

Olives

DAIRY

Cheese

Cottage Cheese

Lacto-fermented
mayonnaise

Sour cream

Whole Eggs

NUTS AND SEEDS

Nuts and nut
butters

Flaxseed

Sunflower seeds

Pumpkin seeds

Sesame Seeds

Chia seeds

CONDIMENTS

Mustard

Horseradish

Tapenade

Salsa

Sauerkraut

Note: You can get pretty adventurous here, just make sure your choices are free of gluten, wheat, soy and sugar!

WHOLE FRUITS

Avocado

Berries

Cherries

Pomegranate

Tomato

Lemon

Lime

SUGARY FRUITS (IN MODERATION)

Apples
Bananas
Peaches
Plums

Apricots
Melons
Mangos
Grapes

Kiwi
Oranges
Pineapple

VEGETABLES

Leafy greens and
lettuces
Spinach
Broccoli
(and broccoli
sprouts)
Kale
Chard
Cabbage
Onions
Mushrooms

Cauliflower
Brussels sprouts
Artichoke
Green beans
Celery
Bok choy
Radishes
Asparagus
Garlic
Fennel

Shallots
Scallions
Ginger
Jicama
Kohlrabi
Cucumber
Bell peppers
Zucchini
Squash
Eggplant

PLANT SOURCES OF PROTEIN

Cooked legumes
(e.g., black beans,
kidney beans, pinto
beans, fava beans,
navy beans, lentils,
peas, and chickpeas)

Tempeh

Miso

Meal Plan

To kick-start your adoption of a lower uric values lifestyle, I've prepared the below 7-day meal plan to help you have a smooth start. Preparation is always key, and with a plan in place you'll be set up for success.

Note, however, that this meal plan is simply a suggestion. Fasting on a given day? Then skip the meals I laid out! Are you vegetarian? Then skip Monday night's halibut dinner and opt for a vegetarian option from my website. Be sure to note any adjustments you make to this plan on the Tracker on Page 34 of this Workbook so that you have a complete record of what you have done.

Note: *Following this meal plan are some bonus recipes prepared, just for you, by our friends at Daily Dose. Sub these in for any of the suggested meals in this plan. Many of the other recipes needed for this meal plan can be found in Drop Acid, beginning on p. 232.*

Drop Acid Bootcamp 7-Day Meal Plan

SUNDAY

Breakfast: Coconut Pudding with one or two soft- or hard-boiled eggs

Lunch: Chicken Salad with Broccoli Sprout Pesto

Dinner: Three ounces roasted organic chicken or wild fish with a side of greens and vegetables sautéed in butter and garlic

Dessert: 1/2 cup berries topped with a drizzle of unsweetened cream or honey

MONDAY

Breakfast: Skip!

Lunch: Mixed green salad with dandelion greens, raw cut veggies, and two hard-boiled eggs, dressed with Tart Cherry Vinaigrette

Dinner: Harissa Roasted Halibut with Roasted Zucchini, Tomato, Pepper, Greens, Blistered Red Onion Dressing

Dessert: 2-3 squares dark chocolate



TUESDAY

Breakfast: Greek Farm Egg Cups and one slice Cherry Almond Loaf

Lunch: Za'atar Garbanzo Salad with 3-5 ounces roasted turkey, chicken, or fish of your choice

Dinner: Thyme Roasted Pork Tenderloin with 1/2 cup wild rice and unlimited steamed vegetables

Dessert: 1 apple, sliced and topped with a sprinkle of cinnamon or cardamom

WEDNESDAY

Breakfast: Full-Fat Yogurt with Ginger Carrot Marmalade

Lunch: Jackfruit Lettuce Tacos with 3-5 ounces roasted turkey, chicken, or fish of your choice

Dinner: Rainbow Vegetable Noodle Salad with side of greens and vegetables sautéed in butter and garlic

Dessert: 2-3 squares of dark chocolate

THURSDAY

Breakfast: Skip!

Lunch: Spaghetti Squash with Broccoli-Sprout Pesto and side of 3-5 ounces grilled grass-fed steak

Dinner: Grilled Halibut with 1/2 cup wild or brown rice and unlimited steamed or roasted broccoli

Dessert: 1/2 cup berries topped with a drizzle of unsweetened cream or honey

Dessert: 2-3 squares dark chocolate

FRIDAY

Breakfast: Almond and Broccoli Seed Pancakes

Lunch: Turkey Leek Mint Patties with a side salad of mixed greens, raw cut veggies, and Tart Cherry Vinaigrette

Dinner: Instapot Steak Shawarma Stew

Dessert: 3/4 cup slices of peaches or nectarines dipped in 3 squares of melted dark chocolate

SATURDAY

Breakfast: Broccoli Sprout, Green Pepper, Red Onion Frittata

Lunch: Olive Oil Roasted Cauliflower Steak with a side salad of mixed roasted vegetables

Dinner: Oven-Roasted Cod with a side salad of mixed greens, raw cut veggies, and Tart Cherry Vinaigrette

Dessert: 2 squares of dark chocolate dipped in 1 tablespoon almond butter

**BONUS
RECIPES
BREAKFAST**



CHERRY WALNUT SMOOTHIE

Yield: 1 Serving

Prep Time: 5 Minutes

Ingredients

- 1 cup tart cherries, pitted, frozen
- 3 tablespoons raw walnut pieces
- 1/2 teaspoon vanilla paste (or vanilla extract)
- 1 tablespoon allulose, or to taste
- 3/4cup coconut milk, canned
- 1/2 cup water
- 1 cup ice

Directions

1. Place all ingredients in a blender
2. Blend on high until smooth and creamy.
3. Enjoy immediately.



GREEN FARM EGG SCRAMBLE

Yield: 2 Servings

Prep Time: 10 Minutes

Ingredients

- 4 organic free-range eggs
- 1 tablespoon + 1 teaspoon extra virgin olive oil
- 1/4 cup red onion, finely diced
- 2 cups baby spinach, packed
- Sea salt and pepper to taste

Directions

1. Whisk eggs together in a medium bowl. Set aside.
2. Heat olive oil in a medium skillet over medium heat.
3. Add onions and sauté until translucent (about 2 minutes).
4. Add spinach. Sauté for 2 minutes or until cooked.
5. Pour in egg mixture and stir with a spatula until eggs, spinach and onions form a scramble, about 1 and 1/2 minutes.
6. Season with salt and pepper. Enjoy immediately.



BERRY CHERRY YOGURT PARFAIT

Yield: 2 Servings

Prep Time: 8 Minutes

Ingredients

- 2 cups Greek yogurt
- 2 cups mixed pitted cherries, raspberries, and blackberries
- 1/4 cup mixed raw almond slices and walnuts

Directions

1. Scoop yogurt into two cups alternating layers of mixed berries, yogurt and nuts.
2. Enjoy immediately or prep 1 day ahead.
3. If prepped ahead, cover parfait and store overnight in refrigerator.

BONUS RECIPES

LUNCH



TART CHERRY CAULIFLOWER SOUP

(Serve with green Salad)

Yield: 4 Servings

Prep Time: 28 Minutes

Ingredients

- 1 tablespoon + 1 teaspoon extra virgin olive oil
- 1 medium Spanish onion, diced
- 2 cloves garlic, minced
- 1 large head cauliflower, cut into florets
- 1 small celery root, peeled and diced
- 2 sprigs fresh thyme (optional)
- 5 cups vegetable broth
- 1 1/2 cup tart cherries, pitted (frozen is fine!)
- Sea salt and pepper to taste

Directions

1. In a large pot heat olive oil over medium heat. Sauté onion until translucent, about 3 minutes.
2. Add garlic, cauliflower, celery root and thyme. Cover with vegetable broth. Cook for 20 minutes.
3. Add cherries. Season with salt and pepper. Allow to cool slightly.
4. Purée in a blender until smooth and creamy.
5. Enjoy immediately or allow to cool completely and store in the refrigerator for up to 5 days.

Suggestion: For added protein, top with a soft-cooked egg.



TUSCAN KALE CAESAR SALAD

Yield: 2 Servings

Prep Time: 12 Minutes

Ingredients

DRESSING

- 2 tablespoons tahini
- 2 tablespoons coconut milk, canned
- 1/2 teaspoon white miso paste
- Juice of 1/2 lime
- 1 teaspoon allulose
- 1 teaspoon dulse flakes
- Sea salt and pepper to taste

SALAD

- 1 bunch Tuscan Kale, stemmed and roughly chopped
- 1 cup shredded purple cabbage
- 1/4 small red onion, thinly sliced
- 1 red apple, diced, skin on
- 1 tablespoon hemp hearts

Directions

DRESSING

1. Mix together tahini, coconut milk, miso, lime juice, and allulose in a blender on medium speed.
2. Season with salt and pepper.
3. Pulse in dulse flakes.
4. Add a small amount of water for a thinner dressing.
5. Enjoy immediately or store in an airtight container in the refrigerator for up to one week.

SALAD

1. Mix together kale, cabbage, and onions in a large salad bowl.
2. Massage kale mixture with dressing.
3. Sprinkle with seeds and top with apple pieces.

Suggestion: For added protein, top with 2-3 ounces of sliced poached chicken breast and garnish with broccoli sprouts.



BLACK BEAN LETTUCE CUPS

Yield: 2 Servings

Prep Time: 15 Minutes

Ingredients

- 1 can black beans, drained and rinsed
- 1 small red bell pepper, diced
- 1 small green bell pepper, diced
- 1/4 small red onion, diced
- 1/2 cup diced tomatoes
- 1 teaspoon chopped cilantro
- 3/4 teaspoon ground cumin
- 1/4 teaspoon chili powder
- Juice of 1 lime
- 1 tablespoon extra virgin olive oil
- Sea salt and pepper to taste
- 6 large butter lettuce leaves
- 1/2 avocado, diced
- 2 radishes, thinly sliced
- 1 small jalapeno, thinly sliced (optional)

Directions

1. Mix together black beans, peppers, onions, tomatoes, cilantro, lime juice, olive oil, cumin, chili powder, sea salt and pepper in a large bowl.
2. Fill 6 butter lettuce leaves evenly with black bean salad.
3. Garnish with avocado, radish and jalapeno. Enjoy immediately.

BONUS RECIPES

DINNER



SPAGHETTI SQUASH WITH MISO WALNUT KALE PESTO

Yield: 2 Servings

Prep Time: 20 Minutes

Ingredients

- 1 small spaghetti squash
- 2 tablespoons extra virgin olive oil
- Pinch of sea salt, or to taste
- 1/2 cup raw walnut pieces
- 1 teaspoon white miso
- 1/4 teaspoon sea salt
- 2 cups packed kale, stemmed, chopped
- Juice of 1 lemon
- 1/2 cup extra virgin olive oil

Directions

1. Preheat the oven to 400°F.
2. Cut the spaghetti squash in half lengthwise. Scrape out the seeds.
3. Drizzle the insides with olive oil and season with salt. Place the squash cut side down on a parchment-lined baking sheet. Using a fork, poke a few holes on the skin side of the squash halves. Roast for 35 minutes, or until the squash is soft.
4. While spaghetti squash is roasting, prep pesto: Place walnuts, miso, salt, kale, lemon juice and olive oil in a food processor. Process until smooth and creamy. (Pesto can be stored in the fridge for up to one week).
5. To serve, spoon desired amount of pesto into each spaghetti squash halve. Serve immediately.

Suggestion: For added protein, serve with 2 1/2 ounces of grass-fed steak per serving.



KIMCHI CAULIFLOWER BURGERS AND GREENS

Yield: 2 Servings

Prep Time: 15 Minutes

Ingredients

- 2 tablespoons kimchi, drained, reserve liquid for salad greens
- 3 cups cauliflower rice
- 1/2 cup chickpea flour
- 3/4 cup grated Parmesan cheese
- 1 egg
- 4 cups baby arugula
- 1 tablespoon extra virgin olive oil

Directions

1. Chop kimchi, set aside. Mix together cauli rice, chickpea flour, parmesan, kimchi, salt and egg in a large bowl.
2. Form 4 even thick burgers from the mix, at least 1 inch thick. Place on a parchment lined baking sheet.
3. Refrigerate burgers for at least 20 minutes.
4. Preheat oven to 400 degrees.
5. Bake or “air fry” for 30 minutes or until golden brown.
6. Remove from oven.
7. Toss arugula with olive oil and reserved kimchi liquid. Serve with cauli burgers.



SESAME GINGER SHEET PAN WILD SALMON

Yield: 2 Servings

Prep Time: 20 Minutes

Ingredients

GLAZE

- 2 1/2 tablespoons extra virgin olive oil
- 1 tablespoon tamari
- Juice of 2 limes
- 1 teaspoon allulose
- 1 teaspoon minced ginger
- 1 minced garlic clove
- Sea salt to taste

SALMON & BROCCOLI

- 2 4-ounce wild salmon fillets
- 1 medium head broccoli, cut into small florets
- 1 tablespoon extra virgin olive oil
- Sea salt to taste
- 2 scallions, sliced
- 1 tablespoon sesame seeds

Directions

1. Heat oven to 400 degrees.
2. Whisk together olive oil, tamari, lime juice, allulose, ginger and garlic in a small bowl. Set aside.
3. Place broccoli on a parchment lined baking sheet. Sprinkle with 1 tablespoon of olive oil and sea salt.
4. Place salmon next to broccoli, generously coating with ginger miso glaze.
5. Bake in oven for 12-15 minutes or until broccoli is cooked and salmon is nicely caramelized.
6. Top with sesame seeds and scallions. Enjoy immediately.

Tracker Day 1

DATE



Write one new food/recipe you tried today. If none, move on!

What did you enjoy about what you ate today?

Where did you thrive today?

Where did you struggle? What can you learn?

Today I am grateful for:

Overall, today I felt:

Tracker Day 1



Additional reflections:

Tracker Day 2

DATE



Write one new food/recipe you tried today. If none, move on!

What did you enjoy about what you ate today?

Where did you thrive today?

Where did you struggle? What can you learn?

Today I am grateful for:

Overall, today I felt:

Tracker Day 2



Additional reflections:

Tracker Day 3

DATE



Write one new food/recipe you tried today. If none, move on!

What did you enjoy about what you ate today?

Where did you thrive today?

Where did you struggle? What can you learn?

Today I am grateful for:

Overall, today I felt:

Tracker Day 3



Additional reflections:

Tracker Day 4

DATE



Write one new food/recipe you tried today. If none, move on!

What did you enjoy about what you ate today?

Where did you thrive today?

Where did you struggle? What can you learn?

Today I am grateful for:

Overall, today I felt:

Tracker Day 4



Additional reflections:

Tracker Day 5

DATE



Write one new food/recipe you tried today. If none, move on!

What did you enjoy about what you ate today?

Where did you thrive today?

Where did you struggle? What can you learn?

Today I am grateful for:

Overall, today I felt:

Tracker Day 5



Additional reflections:

Tracker Day 6

DATE



Write one new food/recipe you tried today. If none, move on!

What did you enjoy about what you ate today?

Where did you thrive today?

Where did you struggle? What can you learn?

Today I am grateful for:

Overall, today I felt:

Tracker Day 6



Additional reflections:

Tracker Day 7

DATE



Write one new food/recipe you tried today. If none, move on!

What did you enjoy about what you ate today?

Where did you thrive today?

Where did you struggle? What can you learn?

Today I am grateful for:

Overall, today I felt:

Tracker Day 7



Additional reflections:



Week 2:

Side Orders

to LUV

Now that you're in your second week of our plan, my hope is that you have the nutritional playbook down and the medicinal power of food already working inside you. In this second week, we'll bring our focus to three other habits to dropping acid: sleep, exercise, and time-restricted eating. These are your lifestyle companions to LUV. You can repeat the same 7-day menu plan again to make it really easy, or start to incorporate other recipes from Chapter 11 of *Drop Acid*.

Remember that while this all starts with food, optimal health is accomplished with every single choice we make.

Movement Pledge



On this page, I want you to make a promise to yourself; a promise to put your body in motion. This is not a promise to do strength training every day, or jog 2 miles. It's simply a commitment to movement, whatever that means to you. Print this out, complete it, and sign the bottom.

Then, hang it in the bathroom, the bedroom, or on the fridge. Somewhere visible where it can serve as a daily reminder to put your body in motion.

I, _____,
in support of a healthy LUV Diet and Lifestyle,
promise to move my body each and every
day this week. I promise to do this because

I acknowledge that there will be times when I will struggle to find the motivation to move, but when that happens, I will come read this pledge and motivate myself to move by reminding myself that

SIGNATURE

Fast 5

On the pages that follow, you'll find my Top 5 tips in two of the lifestyle areas that are a focus of our program this week: sleep and exercise. Apply them as you see fit! If you have something to add, be sure to share it on social media, tagging me and using **#DropAcidBook**.

My goal for you: try to pick one activity (or more) to try every day!

Exercise

LAY OUT YOUR WORKOUT CLOTHES OUT THE NIGHT BEFORE

The best way you can ensure you will exercise is to limit roadblocks. One of the simplest ways to do that is to prep your workout clothes the night before so that all you need to do is suit up in the morning. Grab your sneakers and outfit, and put them somewhere near your bed so you have quick access once you wake-up. One less excuse!

TAKE WALKING CALLS

Whether you're working from home or just trying to catch up with family/friends, we all have a reason we have to spend time on the phone. Instead of taking those calls from your couch or desk, put on a pair of shoes and head out for a walk or light jog. Walking is exercise! Plus, this type of exercise comes with the bonus of time spent investing in relationships.

REWARD YOURSELF

I don't mean give yourself an ice cream sundae because you walked one mile. What I do mean is that it's not the worst idea to "hack" your brain into thinking of exercise as a good thing. Think of it as your own Pavlovian training. Pick something you'd consider a reward (watching an episode of a show you love, reading a few pages of a book, buying coffee instead of making it), and treat yourself to that after your exercise. After a while, the halo effect for the reward will spill over to exercising itself, and you'll find yourself moving without any promise of reward!

SET REMINDERS

Whether you block time in your calendar, set an alarm, or schedule a recurring email to hit your inbox every day, figure out a way to set your future self up for success with reminders/alarms. Blocking the time and/or setting a trigger will help you kick off an automatic reaction that should put you on autopilot, reducing friction by making sure there's nothing to think about or decide on.

PUT IT ON PAPER

Every night write down how you're committing to move the next day, and hang or place it somewhere you'll see it the next day. Maybe next to your movement pledge! This is a very helpful type of reminder, as you won't want to break the promise you made to future you!

Sleep

NO DEVICES IN THE BEDROOM

- 1 Even if you've heard it before, I think this is critically important to mention again. Nothing is more disruptive to sleep than blue light-emitting, notification-pinging cell phones or other devices cluttering your sleep space. Stick them in the kitchen, leave them in the living room...anywhere but near your mattress.

PRACTICE GRATITUDE

- 2 With your devices away, it's time to focus on the most important device of all: your mind. Bedtime can be a time for racing thoughts, often impacting your ability to clear your mind and drift off to sleep. To counter that, try spending a few moments sitting in gratitude before bed. Journal, or even just think, about a few things you are grateful for that day to help clear your mind and release stress. A positive frame of mind can make for a positive night of sleep.

TAKE A WALK BEFORE BED

- 3 It's a fact that regular exercise can help improve your sleep routine/cycle. That's why it might not be a bad idea to consider a relaxing walk before bed. Movement is always a good thing, plus this might help release any extra energy you have, preparing your body for some rest and recovery.

ONLY DRINK WATER AFTER 2PM

- 4 Alcohol and caffeine can really interfere with a good night's rest. I challenge you to not only avoid both of these after 2PM, but to avoid any beverage besides water. This will both eliminate two things that can impact rest, and also help you stay hydrated! Note that if you want to have a cup or two of decaf tea later in the day, or before bed, that would be okay.

SPA HOURS

- 5 Whether it's a massage, a bath, or some relaxing meditation, commit to self-care and dedicate time in the evening to unwinding before your shut your eyes. Relaxation techniques before bed, like those I listed and others, have been shown to improve sleep quality. Just make sure your activity doesn't conflict with some of my other guidance (e.g. self-care in the form of Netflix-binge!).

Tracker Day 1

DATE



Did you move today? If so, how?

How did that movement make you feel? If you didn't move, how can you commit to doing so tomorrow?

How was your sleep last night? What made it that way? Is there something you can do differently tonight?

Did you keep a time-restricted eating window today? Did you notice any changes in your body because of it?

Where did you thrive today?

Where did you struggle? What can you learn?

Tracker Day 1



Additional reflections:

Tracker Day 2

DATE



Did you move today? If so, how?

How did that movement make you feel? If you didn't move, how can you commit to doing so tomorrow?

How was your sleep last night? What made it that way? Is there something you can do differently tonight?

Did you keep a time-restricted eating window today? Did you notice any changes in your body because of it?

Where did you thrive today?

Where did you struggle? What can you learn?

Tracker Day 2



Additional reflections:

Tracker Day 3

DATE



Did you move today? If so, how?

How did that movement make you feel? If you didn't move, how can you commit to doing so tomorrow?

How was your sleep last night? What made it that way? Is there something you can do differently tonight?

Did you keep a time-restricted eating window today? Did you notice any changes in your body because of it?

Where did you thrive today?

Where did you struggle? What can you learn?

Tracker Day 3



Additional reflections:

Tracker Day 4

DATE



Did you move today? If so, how?

How did that movement make you feel? If you didn't move, how can you commit to doing so tomorrow?

How was your sleep last night? What made it that way? Is there something you can do differently tonight?

Did you keep a time-restricted eating window today? Did you notice any changes in your body because of it?

Where did you thrive today?

Where did you struggle? What can you learn?

Tracker Day 4



Additional reflections:

Tracker Day 5

DATE



Did you move today? If so, how?

How did that movement make you feel? If you didn't move, how can you commit to doing so tomorrow?

How was your sleep last night? What made it that way? Is there something you can do differently tonight?

Did you keep a time-restricted eating window today? Did you notice any changes in your body because of it?

Where did you thrive today?

Where did you struggle? What can you learn?

Tracker Day 5



Additional reflections:

Tracker Day 6

DATE



Did you move today? If so, how?

How did that movement make you feel? If you didn't move, how can you commit to doing so tomorrow?

How was your sleep last night? What made it that way? Is there something you can do differently tonight?

Did you keep a time-restricted eating window today? Did you notice any changes in your body because of it?

Where did you thrive today?

Where did you struggle? What can you learn?

Tracker Day 6



Additional reflections:

Tracker Day 7

DATE



Did you move today? If so, how?

How did that movement make you feel? If you didn't move, how can you commit to doing so tomorrow?

How was your sleep last night? What made it that way? Is there something you can do differently tonight?

Did you keep a time-restricted eating window today? Did you notice any changes in your body because of it?

Where did you thrive today?

Where did you struggle? What can you learn?

Tracker Day 7



Additional reflections:



Week 3

Fine Tune Your New Lifestyle

Welcome to the third and final week of our Drop Acid Bootcamp.

This week is a bit different from Weeks 1 and 2. While those weeks had a specific focus on changes we'd be making together (food in the case of the former, things like sleep, exercise, and fasting in the latter), this week is all about YOU.

If you've followed me on social media, then you've probably seen me write that the best option for anyone is to look at the science on all sides of an issue, listen to your body, and then make the choice that is best for you. This week is all about you doing just that, fine-tuning this lifestyle to fit yours. It's your chance to leave your mark on the LUV Diet.

Your Personal Inventory

This process will begin with a moment to stop and take stock of how the past two weeks have gone for you. Be intentional when completing this personal inventory worksheet, as the insights you identify here will be what inform how you spend the final week of our Bootcamp.

Over the first two weeks of the Drop Acid Bootcamp, I have felt:

This differs from the way I normally feel in the following ways:

During the Bootcamp, I have had the most success with:

I think I've been successful at this because:

Going forward with this program, I want to improve at:

Some ways I think I can improve at this are:

Outside of the changes made during the past few weeks, the following factors have assisted me in making healthy choices:

Outside of the changes made during the past few weeks, the following factors have prevented me from making healthy choices:

I can mitigate their impact in the next few weeks by:

Going forward, I can do the following to keep maintaining and building healthy habits:

Weekly Tracker

Given this week's focus, this tracker is completely up to you to design.

I'm giving you some guidelines, but design your week as you see fit.
Complete the sections relevant to you and your journey!



Tracker Day 1

DATE



Set a daily goal/intention:

What are you working to improve today?

Did you exercise? If so, doing what?

Did you spend time in nature? If so, doing what?

Did you practice any kind of fast?

How much sleep did you get?

Tracker Day 1



Write one thing you are grateful for:

Were you able to accomplish what you wanted to improve at today?

Overall, write one sentence to describe how you felt today:

Additional reflections:

Tracker Day 2

DATE



Set a daily goal/intention:

What are you working to improve today?

Did you exercise? If so, doing what?

Did you spend time in nature? If so, doing what?

Did you practice any kind of fast?

How much sleep did you get?

Tracker Day 2



Write one thing you are grateful for:

Were you able to accomplish what you wanted to improve at today?

Overall, write one sentence to describe how you felt today:

Additional reflections:

Tracker Day 3

DATE



Set a daily goal/intention:

What are you working to improve today?

Did you exercise? If so, doing what?

Did you spend time in nature? If so, doing what?

Did you practice any kind of fast?

How much sleep did you get?

Tracker Day 3



Write one thing you are grateful for:

Were you able to accomplish what you wanted to improve at today?

Overall, write one sentence to describe how you felt today:

Additional reflections:

Tracker Day 4

DATE



Set a daily goal/intention:

What are you working to improve today?

Did you exercise? If so, doing what?

Did you spend time in nature? If so, doing what?

Did you practice any kind of fast?

How much sleep did you get?

Tracker Day 4



Write one thing you are grateful for:

Were you able to accomplish what you wanted to improve at today?

Overall, write one sentence to describe how you felt today:

Additional reflections:

Tracker Day 5

DATE



Set a daily goal/intention:

What are you working to improve today?

Did you exercise? If so, doing what?

Did you spend time in nature? If so, doing what?

Did you practice any kind of fast?

How much sleep did you get?

Tracker Day 5



Write one thing you are grateful for:

Were you able to accomplish what you wanted to improve at today?

Overall, write one sentence to describe how you felt today:

Additional reflections:

Tracker Day 6

DATE



Set a daily goal/intention:

What are you working to improve today?

Did you exercise? If so, doing what?

Did you spend time in nature? If so, doing what?

Did you practice any kind of fast?

How much sleep did you get?

Tracker Day 6



Write one thing you are grateful for:

Were you able to accomplish what you wanted to improve at today?

Overall, write one sentence to describe how you felt today:

Additional reflections:

Tracker Day 7

DATE



Set a daily goal/intention:

What are you working to improve today?

Did you exercise? If so, doing what?

Did you spend time in nature? If so, doing what?

Did you practice any kind of fast?

How much sleep did you get?

Tracker Day 7



Write one thing you are grateful for:

Were you able to accomplish what you wanted to improve at today?

Overall, write one sentence to describe how you felt today:

Additional reflections:

Personal Pen Pal

Well, you've reached your destination. Note that I did not say the end, simply the destination. That's because everything you've discovered in the past three weeks is going to fuel you to take this journey towards optimal health even further. Knowing that this is a lifelong journey, I want you to practice one final exercise meant to help your future self.

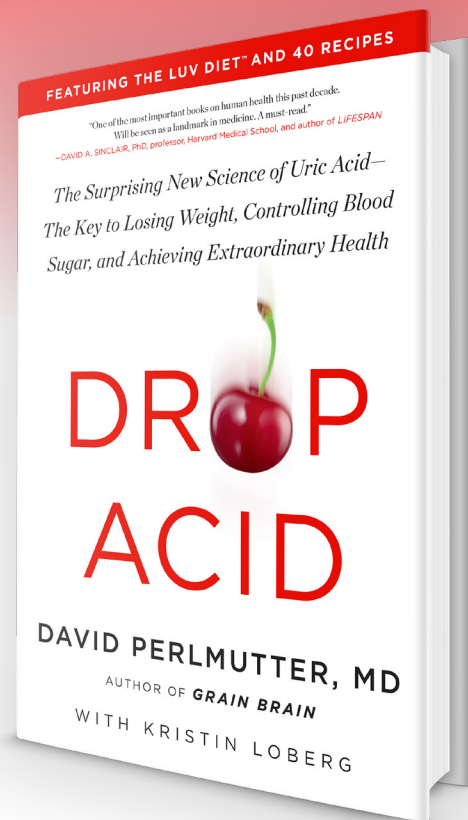
We all know that we have moments of weakness in life. Moments when we forget a promise we made to ourselves. Moments when we stray from our ideals for how we intended to live our lives. But that's okay. That's human. What's important is that we get back in the driver's seat of our decision making and get ourselves headed back in the right direction as soon as possible.

In the following space, I want you to write a letter to YOU. Something you can stick in a drawer to read in those moments when you're beating yourself up for having two slices of cake, or for forgoing exercise while on a vacation. Give yourself grace. Give yourself a pep talk. Give yourself the chance to be reminded of why you made these commitments in the first place.

Remember, this is a judgment-free exercise. Your choices were not wrong, they served you in the moment. This is simply a space to remind yourself of your why for healthy living, and to nudge you back onto the path you always wanted for yourself.

David Perlmutter, MD





About Drop Acid

Scientific literature is bursting with evidence that elevated uric acid levels lie at the root of many pervasive health conditions, but mainstream medicine for the most part remains unaware of this connection. This is especially alarming because a large number of Americans don't know they are suffering from increased levels, putting them at risk for developing or exacerbating potentially life-threatening illnesses.

Offering an engaging blend of science and practical advice, *Drop Acid* exposes the deadly truth about uric acid and teaches invaluable strategies to manage its levels. Featuring the groundbreaking “LUV” (Lower Uric Values) diet, 35 delicious recipes, self-assessment quizzes, and a 21-day program for dropping levels, *Drop Acid* empowers readers with the information they need to address this hidden danger and live longer, leaner, and healthier lives.



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