

# THE CROHN'S SURVIVAL KIT

5 Tools to Manage Flares, Reduce Pain,  
and Actually Live Your Life

By Kate  
The Crohn's Method

*[crohnsurvivalkit.com](http://crohnsurvivalkit.com)*

# Welcome, Crohn's Warrior

If you're reading this, you know what it's like. The unpredictable flares. The exhaustion. The anxiety around food. The feeling that your body is working against you.

I've been there. For years, I felt like I was just surviving—not living. But slowly, I started figuring out what actually worked. This kit contains the five tools I use every single day.

They're not complicated. They're not expensive. But they work.

## What's Inside:

- Tool 1: Daily Flare Prevention Checklist
- Tool 2: 3-Food Emergency Protocol
- Tool 3: Simple Symptom Tracker
- Tool 4: Doctor Conversation Guide
- Tool 5: 10 Quick Meal Ideas

Start with the Symptom Tracker. Even one week of tracking will reveal patterns you've never noticed. That's where real change begins.

You've got this.

— Kate

# Daily Flare Prevention Checklist

Small daily habits prevent big problems. Use this checklist every day to keep your body calm and reduce flare risk.

## MORNING

- Wake up at a consistent time (within 30 min of usual)
- Drink a full glass of room-temperature water
- Eat breakfast within 1 hour of waking
- Take morning medications/supplements
- 5 minutes of gentle movement or stretching
- Quick body scan: How am I feeling today? (1-10)

## AFTERNOON

- Eat lunch (don't skip meals)
- Stay hydrated (track water intake)
- Take a 5-minute stress break
- Move your body (even a short walk)
- Check in: Any warning signs?

## EVENING

- Eat dinner at least 2-3 hours before bed
- Take evening medications/supplements
- Wind-down routine (no screens 30 min before bed)
- Prepare for tomorrow (reduce morning stress)
- Quick journal: What went well today?
- Sleep 7-9 hours

*Tip: Print this page and check off each item. Consistency is more important than perfection.*

## 3-Food Emergency Protocol

When you feel a flare coming on, act fast. These three foods have never failed me—they calm inflammation and give your gut a break.

### The Protocol:

At the first sign of a flare (cramping, urgency, fatigue), switch to ONLY these three foods for 24-48 hours:

### 1. BONE BROTH

Rich in collagen, easy to digest, soothing to the gut lining. Sip throughout the day. Homemade is best, but store-bought works.

### 2. WHITE RICE

Gentle carbohydrate that's easy on the digestive system. Well-cooked, plain. Provides energy without irritation.

### 3. COOKED CARROTS

Soft, cooked carrots provide nutrients and fiber that's gentle on an inflamed gut. Avoid raw vegetables during flares.

### Important Notes:

- Eat small portions frequently (5-6 times a day)
- Stay hydrated—sip water and broth constantly
- Rest as much as possible
- If symptoms worsen or don't improve in 48 hours, contact your doctor

*Disclaimer: This is not medical advice. If you're having a severe flare, please contact your healthcare provider.*

# Simple Symptom Tracker

Understanding your patterns is the first step to preventing flares. Track for at least one week—you'll be amazed at what you discover.

## Daily Tracking:

DATE: \_\_\_\_\_

Overall feeling (1-10): \_\_\_\_\_

### SYMPTOMS TODAY:

- Abdominal pain (location: \_\_\_\_\_)
- Bloating
- Urgency
- Fatigue
- Nausea
- Other: \_\_\_\_\_

BATHROOM VISITS: \_\_\_\_\_

### FOOD EATEN:

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

Snacks: \_\_\_\_\_

STRESS LEVEL (1-10): \_\_\_\_\_

Main stressor: \_\_\_\_\_

### SLEEP LAST NIGHT:

Hours: \_\_\_\_\_ Quality (1-10): \_\_\_\_\_

### NOTES/OBSERVATIONS:

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*After one week, look for patterns: Which foods appeared before bad days? Did stress correlate with symptoms? Did poor sleep predict flares?*

# Doctor Conversation Guide

Getting the care you deserve starts with effective communication. Use these questions and phrases to advocate for yourself.

## Before Your Appointment:

- Bring your symptom tracker (at least 1 week of data)
- Write down your top 3 concerns
- List all current medications and supplements
- Note any changes since your last visit

## Questions to Ask:

- "Based on my symptoms, what do you think is happening?"
- "What are ALL my treatment options, including lifestyle changes?"
- "What are the risks and benefits of each option?"
- "How will we know if this treatment is working?"
- "When should I contact you vs. go to the ER?"
- "Is there anything I should avoid that might make things worse?"
- "Can you explain my test results in plain language?"

## Phrases That Help:

- "I want to make sure I understand..."
- "This is really affecting my quality of life because..."
- "I've noticed that [symptom] happens when..."
- "Can you help me understand why...?"
- "What would you recommend if this were happening to you?"

*Remember: You are the expert on YOUR body. Your doctor is the expert on medicine. The best outcomes come from working together.*

## 10 Quick Meal Ideas

When you're too tired to think, reach for these gut-friendly meals. Simple, safe, and actually tasty. Adjust based on your personal tolerances.

### 1. Bone Broth Rice Bowl

Cooked white rice with warm bone broth poured over. Add cooked carrots or chicken if tolerated.

### 2. Simple Baked Salmon

Salmon baked with olive oil and lemon. Serve with mashed sweet potato.

### 3. Chicken & Rice Soup

Shredded chicken, white rice, carrots, celery in broth. Cook everything soft.

### 4. Banana Oatmeal

Well-cooked oatmeal with mashed ripe banana. Add a drizzle of honey if desired.

### 5. Baked Potato Bar

Baked white potato with your safe toppings. Try plain Greek yogurt or olive oil.

### 6. Egg Scramble

Soft scrambled eggs with cooked spinach. Easy to digest protein.

### 7. Turkey Meatballs

Ground turkey, rice flour, salt. Baked until done. Freeze extras for later.

### 8. Avocado Toast

If bread is tolerated, top with mashed avocado. Add salt and a squeeze of lemon.

### 9. Pureed Veggie Soup

Carrots, zucchini, broth—cook and blend smooth. Gentle on the gut.

## 10. Smoothie Bowl

Banana, nut butter, oat milk—blend thick. Top with soft cooked fruit.

*Pro tip: Batch cook when you're feeling good. Freeze portions for flare days when cooking feels impossible.*

# What's Next?

You now have five powerful tools in your Crohn's toolkit. But here's the thing: tools only work if you use them.

## Your Action Plan:

- This Week: Start using the Symptom Tracker every day
- Look for Patterns: After 7 days, review what you've learned
- Take Action: Use the Emergency Protocol next time you feel a flare coming
- Advocate: Bring your tracker to your next doctor's appointment

## Want to Go Deeper?

The Crohn's Survival Kit is just the beginning. If you want personalized guidance, a complete framework, and support from someone who truly gets it, check out The Crohn's Method program.

**Visit: [crohnsurvivalkit.com/program](https://crohnsurvivalkit.com/program)**

## Connect With Me:

- Instagram: @thecrohnsmethod
- TikTok: @thecrohnsmethodwithkate
- YouTube: The Crohn's Method with Kate

You're not alone in this. I'm rooting for you.

— Kate

*Disclaimer: This guide is for informational purposes only and is not a substitute for professional medical advice. Always consult your healthcare provider before making changes to your treatment plan.*