

## **Transcript: Learn Your Limits**

Unfortunately, trial and error is the only way to learn what you can have and what you can't have, or what you can take. It's hard because it's, like, let's take chicken.

Chicken, if it's baked it might go down great, but if it's barbequed and tougher it might not go down so good. Chicken might go down good one day but not so well the next day. So you learn to chew all your food, you learn to do the right things and you learn to test new things out. I remember they taught me to--when I tried a new food after surgery--only try one food at a time. Because if you try three or four and get sick, you're not going to know what made you sick.