



The
IBG
Cheat
Sheet

The IBS Cheat Sheet

What to Eat When You Are Having an IBS Flare-Up

- Gatorade
- Flat Ginger Ale
- Broth (vegetable, not bone)
- Tea (herbal, green, turmeric, peppermint, ginger, lavender, lemon balm, chamomile, holy basil, fennel)
- Turmeric tea
- A little raw honey
- Boiled or baked white potatoes (peeled)
- Fancy mushrooms
- White rice
- Sweet potatoes
- Spinach (cooked)
- Green beans (cooked)
- Carrots (cooked)
- Bananas, not too raw or too ripe (may cause gas)
- Lean meat (fish, chicken, turkey)
- Egg whites
- Mushrooms (fancy, not White)
- Avocado (no more than 2 TB daily)
- Coconut oil (not coconut meat and not in excess)
- Good, naked bread (gluten-free if you're sensitive to gluten)
- Sea salt (for seasoning)
- Whey protein (I use *Naked Whey*)
- Pure water (to prevent dehydration)
- While not being a "healthy" food, Soda crackers seem to work for some people.
- Soda crackers (not a healthy choice, but help some people)
- Tapioca (homemade)
- Gelatin

You can grind and puree your foods at home. However, many of these foods are available as "baby food" on store shelves.

Other IBS Helpers

- Digestive enzyme supplements
- Prebiotics and probiotics
- Glutamine (repairs the intestinal lining)
- Aloe Vera juice (not the gel)
- Flaxseed oil
- Green, Holy Basil, Lavender, and Chamomile tea
- Peppermint oil (capsules)
- Bentonite clay
- Omega 3 oils
- Soluble fiber: fresh peas, figs, brown rice, pasta (no pasta or white foods if you have *Colitis*), prunes, raisins, soy, sourdough bread (see information about fermented foods on the next page)

An IBS Wellness Tip

It's essential not to go too long eating a minimalist diet, which only serves to deplete your healthy gut bacteria. Eat as many different types of plant foods as possible, even though you have Irritable Bowel Syndrome. Cook (bake or steam) them, puree them, and eat as many as possible to feed the good "bugs" in your microbiome, which is critical for immunity. A teaspoon or two of each will do. The more plants you eat, the healthier your gut becomes.

Soluble & Insoluble Fiber

Soluble fiber slows things down in the digestive tract and helps to stop diarrhea. In contrast, insoluble fiber speeds things up and helps to alleviate constipation. Depending on whether you are suffering from IBS-D (diarrhea), IBS-C (constipation), or IBS-M (mixed). With IBS-M, your guess on which to use is as good as mine. I suffer from IBS-M, so I really don't worry too much about minding my fibers. However, when I have strictly one or the other, I pay more attention.

For IBS-C (constipation), try apples, oatmeal, carrots, squash, and pumpkin.

Regarding Sourdough Bread (and Other Fermentations)

According to Monash University, fermented foods, such as sauerkraut, kefir, soybeans, spelt wheat (a particular type of hull-free wheat that's been fermented), and pickled vegetables, have gone through a fermentation process (carbohydrates are processed to alcohol or organic acids) by adding yeast or bacteria to ferment the foods to preserve them, fostering beneficial microbes, called *Probiotics*. Probiotics help to maintain a healthy, balanced microbiome. However, fermented foods may make IBS symptoms worse in some people. I suggest starting with just a teaspoon or two of these food items and slowly increasing weekly. If you experience symptoms, back off and try again or omit them altogether. In most instances, it's not the food that's the problem. Imbalances in your gut microbiome are causing all the fuss. So that you know, spelt wheat does contain *Gluten*. If you're sensitive to Gluten, you'll want to avoid it.

Minimizing a wide variety of healthy foods in your diet out of fear of your next IBS flare causes gut dysbiosis because when you reduce foods, especially plant-based foods, beneficial gut bacteria are not being fed, which allows certain colonies of bacteria to overgrow, which can cause IBS.

My suggestion is to follow *The IBS Cheat Sheet* and, once you feel better, begin incorporating small amounts of plant-based foods into your diet, which are better accepted cooked versus raw living with IBS. Once your gut microbiome begins to flourish (within a few months), you can start to eat more whole, raw foods.

Of course, any time you're having stomach complaints that are challenging for you to live with or won't go away, please see your doctor. *The IBS Cheat Sheet* is not meant to treat or cure IBS or related dis-eases or take the place of medical advice.

