

IBS: The Solution

- ❖ All IBS symptoms - pain, diarrhea, constipation, bloating - stem from the same underlying pathology. This means that all IBS patients respond to similar lifestyle modifications as well as medications.
- ❖ There are five key strategies to symptom prevention: diet, stress management, soluble fiber supplements, medication, and alternative therapies.
- ❖ The same IBS diet relieves ALL symptoms, as it is based on stabilizing the function of the GI tract from either extreme (over- or under-motility). The proper diet can relieve years of IBS misery in just days.
- ❖ Stress management strategies such as yoga, tai chi, and meditation have been proven to help IBS.
- ❖ Acupuncture and hypnotherapy are clinically successful alternative therapies for treating IBS.

Your physician plays a critical role in your IBS diagnosis, patient education, and support.

- ❖ IBS support groups offer great resources for dealing with family, friends, and work.
- ❖ Symptom prevention strategies should be tailored to meet the special needs of children with IBS.
- ❖ IBS management should progress from symptom control on a daily basis to habitual strategies that allow the return of a healthy, unrestricted lifestyle.

The First Year - IBS

A book of practical, empathetic, and effective shortcuts to reaching a state of health, happiness, and confidence well within the first year of an IBS diagnosis.

A Patient-Expert Walks You Through Everything You Need to Learn and Do™

THE FIRST YEAR™

IBS
IRRITABLE BOWEL SYNDROME

An Essential Guide for the Newly Diagnosed

Heather Van Vorous
author of Eating for IBS
FOREWORD BY DAVID B. POSENER, M.D.



HEATHER VAN VOROUS is the author of the best-selling and best-reviewed IBS books in America. She has had IBS since childhood. Her work has led to her inclusion in Marquis Who's Who in Medicine & Healthcare, and her website and IBS newsletter have become the internet's premier sources of IBS patient resources, reaching millions of people each year. Her IBS dietary guidelines and recipes have been licensed by Novartis Pharmaceuticals and requested by physicians in the US, Canada, and the UK. Her weekly cooking show for digestive health, Heather Cooks! airs on Seattle television. She is the CEO of Heather's Tummy Care, which is dedicated to offering education, support, and tangible help that allows people with Irritable Bowel Syndrome to successfully manage symptoms through lifestyle modifications.



Heather's Tummy Care Comprehensive Help for Irritable Bowel Syndrome

- * Organic medical foods for the dietary management of IBS
- * Acacia Tummy Fiber
- * Peppermint and Fennel Tummy Teas
- * Peppermint, Fennel, & Lavender Tummy Tamers
- * Gut-Directed IBS Hypnotherapy Programs
- * Books, Support Groups, and More

- * At Medical Practitioner Offices & Pharmacies
- * Order Toll-Free 1-866-640-4942
- * Order Online www.HelpForIBS.com

Eating for I.B.S.

Dietary guidelines and strategies for patient management of Irritable Bowel Syndrome

"I have suffered with IBS all my life. I read all your information and made changes in my diet and habits, and for the very first time, I am feeling good. That is amazing. Your information has changed my life, and I do not say that lightly. Thank you!"

- Barbara S. Saeger, IBS Sufferer

"I cannot tell you how valuable this information is for someone who has suffered with IBS all his life."

- Steven Segal, IBS Sufferer

"I just finished reading your books on IBS and they are by far the most researched and informative books on IBS that I have read. A warm thank you for being an advocate and educator for so many!"

- Janet Hall, IBS Sufferer

"My patients have profited greatly from your books, and I recommend them almost daily."

- Dr. Robert Sudduth, M.D., Gastroenterologist

IBS: The Problem

- ❖ You are not alone. 15-20% of all people in America, Canada, the UK, and Australia suffer from IBS.
- ❖ The total medical costs of IBS are \$33 billion each year in America alone.
- ❖ IBS is the second leading cause of absenteeism from work and school.
- ❖ The number of office visits for IBS is second only to physician appointments for the common cold.
- ❖ IBS is a functional disorder of the gastrointestinal tract. It is NOT psychological.
- ❖ IBS stems from both a dysfunctional enteric (gut) nervous system and abnormal brain-gut interactions.
- ❖ IBS causes an atypical gastrocolic reflex in the colon, with pain, diarrhea and/or constipation, gas, and bloating as the result.
- ❖ The gastrocolic reflex triggers colon contractions just moments after food enters your stomach. This is why IBS attacks from the wrong foods can occur before you've even had time to finish your meal.
- ❖ The pain from IBS can be so severe people lose consciousness.
- ❖ An IBS diagnosis should take patient symptoms and age into account, and should occur after the following problems have been considered and ruled out: *Crohn's disease, ulcerative colitis, celiac sprue, colon cancer, bowel obstructions, diverticulosis, gallstones, malabsorption of bile acids due to gallbladder removal, food allergies, bacterial infections, intestinal parasites, endometriosis, and ovarian cancer.*
- ❖ Diet and stress are the two greatest triggers of IBS symptoms.
- ❖ The cause of the underlying pathology of IBS is under research but remains unclear.

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~ Eating for IBS ~

IBS is a gastrointestinal disorder that's directly affected by diet. Eating for IBS simply means learning to eat safely by realizing how different foods physically affect the GI tract, and how these foods can prevent or trigger IBS symptoms.

A healthy IBS diet does not mean deprivation, avoiding restaurants, or boring food. IBS sufferers can enjoy homestyle cooking, ethnic foods, rich desserts, snacks, and traditional favorites - there's no need to cook special meals for yourself while your family follows a "normal" diet.

The 10 Commandments of Eating for IBS

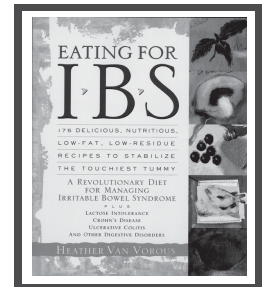
1. ALWAYS eat soluble fiber first, eat soluble fiber whenever your stomach is empty, and make soluble fiber foods the basis of each meal and snack.
2. Minimize your fat intake to 20-25% of your diet.
3. Never eat high fat foods, even in small portions, on an empty stomach or without soluble fiber.
4. Eliminate all red meat, dairy, fried foods, egg yolks, coffee, carbonated beverages, and alcohol from your diet. These are universal triggers.
5. Never eat insoluble fiber foods alone on an empty stomach, in large quantities, or without soluble fiber - but do eat them, as they're essential for good health.
6. Eat small portions frequently, calmly, and leisurely.
7. If you're unsure about something, don't eat it. It's not worth the risk.
8. Eating should be pleasurable. Take the time and make the effort to eat safely, and then enjoy yourself.
9. Remember that you alone have absolute and total control over your diet. No one can force you to eat something you know you shouldn't.
10. Practice creative substitution, not deprivation. Use soy or rice replacements for dairy, two egg whites to replace a whole egg, try low-fat vegetarian versions of meat products or stick to seafood and chicken breasts, replace some oil with fruit purees in breads and cakes, use veggie broth instead of oil in sauces, and bake with cocoa powder instead of solid chocolate. Use herbs, extracts, and mild spices generously to heighten flavors.

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Dietary Prevention of Symptoms

- ❖ There are two kinds of fiber: soluble and insoluble. They have very different effects on the GI tract.
- ❖ Soluble fiber regulates the gastrocolic reflex and normalizes bowel function from either extreme (diarrhea or constipation). It's the key to stabilizing IBS and preventing symptoms. Soluble fiber examples: rice, oatmeal, pasta, potatoes, fresh white breads, barley, soy.
- ❖ Insoluble fiber is a powerful GI tract stimulant and can trigger violent attacks of pain and bowel dysfunction. Insoluble fiber examples: whole grains, raw fruits and vegetables, salad greens, sprouts, nuts, seeds, popcorn. Cooking, peeling, chopping, pureeing, and combining insoluble fiber foods with soluble fiber greatly minimizes their risk.
- ❖ Bran is one of the worst things you can eat for IBS, and white bread is one of the best.
- ❖ Peppermint is a powerful GI muscle relaxant and painkiller for IBS. Fennel, anise, gingerroot, caraway, and chamomile are also helpful digestive aids and can be easily brewed as hot teas.
- ❖ Fat is the single greatest GI tract stimulant, and the worst IBS trigger.
- ❖ It's not just the lactose in dairy that causes IBS attacks, and it's not just the caffeine in coffee that triggers symptoms.
- ❖ Bland foods are not automatically safe foods, and spicy foods are not necessarily triggers.

Eating for IBS
A finalist for a Julia Child cookbook award, this is the groundbreaking dietary guide to freedom from IBS.



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