

## Information advice and help for (IBS) Irritable Bowel Syndrome

Here are some tips you should know that could help you manage your IBS.

1. 2 Litres of water each day at least, drink herbal teas slowly throughout the day. Example: peppermint, green tea, pukka liquorice and peppermint.
2. Do not drink for 30 minutes before a meal and 60 minutes after as this can make you feel bloated and full of wind; during your meal drink very little.
3. Eat slowly chewing your food well and try not to talk during eating. Stop eating 2-3 hours before going to bed.
4. It is better to eat little and often as this is easier to digest and kinder to your digestive system.
5. **Important:** Depending on your IBS symptoms, if loose take Psyllium husks sprinkled on food or in Capsule form throughout the day to help bulk stool.

For IBS constipation symptoms use organic golden linseeds/flaxseed – 1-2 desert spoons daily on a muesli/granola breakfast. You can soak overnight in fruit juice or simply add to cereal or yoghurt.

6. Charcoal tablets can be taken to help with wind and bloating.  
**Please Note: If taking the contraceptive pill, please allow 4 hours after taking this before taking the Charcoal, recommend 4 after each meal and swallow don't chew.**
7. Detox organic either wild blue and green algae capsules or organic chlorella with spirulina tablets/capsules.  
**Please Note: Not to be taken if you have a thyroid condition.**
8. Exercise regularly as this is an excellent way to stimulate your bowel.
9. Have a soak in a warm bath for 15 – 20 minutes adding two cupfuls of Epsom salts.
10. Dry skin brushing 5-10 mins starting on the right hand side of your abdomen when lying down moving upwards across and down your left side is also very beneficial for increasing circulation in this area.
11. It is important to have the correct position when sitting on the toilet using a foot stool (known as a Squatty Potty, Google it!) sitting back and allowing your bowel to empty properly, after a few weeks your bowel will become accustomed to this. Avoid pushing.



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Some factors that can cause IBS are:

Stress, Medications, Food intolerances e.g. Gluten, Wheat, Lactose and Corn.

Food's you should eat as part of a balanced diet to help with IBS.

1. Oats (Porridge, Granola, Oatabix, Muesli).
2. Fish and Chicken.
3. Stir Fries, if containing Broccoli make sure this vegetable is cooked well.
4. Pineapple, Kiwi Fruit, Melon, Mango, Hard Pears and Berries. Eat fruit on its own and not mixed with other foods.
5. Sweet Corn, Beetroot, Cucumber, Celeriac, Celery, Courgettes, Aubergines, Sweet Potato and Butternut Squash.
6. Nuts (not Dry Roasted or Salted Peanuts); Try Brazil Nuts and Walnuts.
7. Seeds/Sunflower and Sesame.
8. Herbal Teas: Peppermint, Green Tea, Nettle Tea. Pukka: Liquorice and Peppermint.
9. Optibac Probiotics.
10. A preferred social drink recommendation is Red Wine, Vodka and Cranberry.

Optibac Extra Strength is a good source of friendly bacteria for an IBS Constipation.

Optibac Saccharomyces boulardii is a good source for friendly bacteria for IBS loose.



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### Food's to avoid or eat in small quantities only.

1. Strong Tea and Coffee.
2. White/ Rosé Wine.
3. Chewing Gum.
4. Red Meat.
5. Apples and Bananas
6. Fried Fatty Foods.
7. Spicy or Sugary foods.
8. Fizzy Drinks and very Cold Drinks.
9. Baked Beans.
10. All Pulses and Hummus.
11. Bran, including Ryvitas and Weetabix.
12. Cauliflower, Swede, Broccoli and Cabbage, make sure the vegetables are cooked very well.
13. Certain people may need to avoid Onions or Mushrooms.
14. Avoid Bagged Salad, eat Iceberg or Baby Gem.

**Handy Tips:** In the morning you can drink boiled water with a squeeze of lemon/optional table spoon of organic cider vinegar. It is important to have the correct position when sitting on the toilet using a foot stool sitting back and allowing your bowel to empty properly, after a few weeks your bowel will become accustomed to this. Avoid straining.

Please be aware that whilst this IBS advice sheet is provided to you, it is to be used as a guide only and you are solely responsible for what you eat based on your own health condition. If unsure contact us or consult your Doctor.

