

The Easy Anti-IBS Diet

This diet is designed only to treat IBS.
If you have another illness, it is recommended to eat a '[Keto](#)' diet
A5 format | Print as a DS-booklet on A4 or Letter.

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How this diet works

These two principal factors trigger your IBS symptoms;

1. *Stress*; this releases adrenal hormones that then cause the autonomic nervous system to operate at 'high' levels. Because IBS is caused by malfunction(s) in the autonomic nervous system, stress triggers and intensifies IBS symptoms. The effects of stress can be slowly minimized, over a period of 3 months, by the daily practice of a Relaxation Therapy (see later).
2. *Fibre*; the insoluble fibre from most cereals, the outer coats of legumes, and hemp protein powder, causes IBS symptoms by speeding up defective parts of the small intestine. If you stop eating these types of fibre, the speed of the small intestine can be controlled, by eating the following foods;
 - a. *Cooked animal foods*; cooked meats, fish & egg yolks contain Heterocyclic amines (HCAs). These compounds are created by heating proteins above 40 degrees Centigrade. They slow down the small intestine, but have three side effects; they stop your protease enzymes from working, cause constipation, and interfere with your nervous system. The first two effects can be overcome by eating protease enzymes.
 - i. *Protease enzyme foods & supplements*; some foods contain protease enzymes that can digest cooked protein foods, and prevent the constipation caused by HCAs (see later).
 - ii. *Nervous system*; if the effects of HCAs on your nervous system are unacceptable, then switch to a [Keto Diet](#).
 - b. *Dairy proteins*; these contain opioid peptides that can help to slow the small intestine. However, fermented and salted dairy foods (sour & salty) may speed it up, so eat fresh, unsalted & unfermented dairy foods to slow it down. Side effects may be constipation (that is not stopped by eating protease enzymes), excess mucous, and depression. To overcome these effects; reduce dairy foods, or stop eating them and instead eat cooked meat, fish & egg yolks.

Before you begin

1. Download the book [IBS Explained](#) (2MB pdf), and educate yourself.
2. Join the group 'IBS Explained' on [Facebook](#) so you can ask me questions. If you cannot access Facebook then use WeChat (search for ID = wxid_dvdy77bejy012).
3. *Practise a Relaxation Therapy (see later)*; this will start reducing symptoms caused by stress. Begin as soon as you can. It takes three months of daily practice to start working effectively, so be patient & just keep doing it.
4. *Diarrhoea (IBS-D & A)*; if you have been suffering from diarrhoea, then your stores of bile salts and digestive enzymes will be low. Do not start eating these meals immediately. Eat the IBS Recovery diet instead (see next section).
5. *Bloating & cramping (IBS-C & A)*; if these symptoms occur, then your IBS Barrier is active. Do not eat or drink in the morning if bloating and/or cramping occur. **WAIT**; the IBS Barrier often relaxes later in the day. Have a 1-2 hour siesta in the afternoon. Do not sleep just rest. Then see if you can eat/drink. Start Relaxation Therapy as soon as you can.
6. *Constipation*; to help relieve this symptom...
 - a. Drink one litre of warm saline solution (8 grams of rock salt in one litre of warm water), just before retiring.
 - b. Take your favourite laxative with the above saline.
 - c. Clean out your colon with a warm saline enema of 4 grams of rock salt to half a litre of water.
7. *Micro-mineral deficiencies*; are common when IBS disturbs bacterial digestion in the colon. Lack of micro-minerals causes depression and malnutrition. Be sure to eat one or more of these special foods; aged cheeses (from grass-fed animals), micro-greens, and chelated multi-mineral supplements. Also put iodized salt on your food and eat a fluorine supplement (if necessary). See the section called 'Micro-minerals'.

8. *Hallucinations* (visual disturbances); are usually caused by too much, OR too little, free cholesterol in your body;
 - a. Diarrhoea can cause your body to lose large amounts of bile salts (made from cholesterol). Your body cannot make cholesterol fast enough to replace the losses. The liver then demands that the rest of the body supply it with cholesterol to make more bile salts. The brain contains large amounts of cholesterol and when some of it is released to the liver, hallucinations result. When they start, immediately eat four raw egg yolks. If they are severe you may double or even triple the number of egg yolks. Do not eat anything else for at least two hours after eating the yolks. A base-line dose of 1-2 raw egg yolks per meal will help prevent these hallucinations.
 - b. If you get hallucinations soon after eating raw egg yolks, then you have eaten too much cholesterol. Do not eat any more raw egg yolks for 24 hours.
9. *Irritation around the anus*; this is caused by protease & lipase enzymes not being recycled by a defective ileum (IBS-D & A). They end up in the colon and then leak out of the anus. The enzymes cause cracked, dry, scarred & painful skin around the anus. Here are some tips to minimize this problem;
 - a. Keep the volume of your digestion small by not eating too much plant fibre. This minimizes the number of bowel movements and the amount of enzymes discharged into the colon.
 - b. Stop eating fresh dairy proteins & mushrooms. These foods create mucous that aggravates the enzyme leakage. Eat fermented Dairy foods instead of fresh ones.
 - c. Balance the hydrating (sweet, sour & salty), and dehydrating (pungent, bitter & astringent) tastes in your meals. The leakage of enzymes is much less when you achieve balance.
 - d. Eat a minimum of 1 level teaspoon dry ginger powder per meal, as teas, in soups, and as 'ginger bombs', and eat other warm spices (dehydrating, pungent, bitter, astringent). DO NOT eat hot spices such as chilli and cayenne.
 - e. Drink herb teas. Add coconut cream or dairy in dry weather. Add spices (chai) in wet weather.

IBS recovery diet

If you are very ill with IBS (or another IBD), start with this diet and eat it for a minimum of 2 days. This food will replenish your digestive chemicals, and prepare your digestive system to receive an 'Anti-IBS' meal;

- DO NOT eat any bitter taste (bitter herb teas, bitter beer, micro-greens, red wine, red grape juice, hen egg white, coffee, cocoa, chocolate etc.).
- DO NOT eat any dehydrating foods (chili, cayenne, black pepper, neat spirits, black tea, dried fruit, dried meat etc.).

Eat only;

1. *Warm fruit drinks, fruit teas, lassi*; 100mL fresh fruit juice plus warm water, fruit tea bag (or two) plus hot water, 50g coconut cream plus hot water, 100g yogurt plus warm water.
2. *Warm non-bitter herb teas*; ginger, lemongrass, liquorice, fennel, aniseed, red bush/rooibos, chamomile, peppermint, ginseng etc.
3. *Sugars*; about 75g per day of natural sugars.
4. *Supplements*; Vitamin C (min.100g/day), and a small B vitamin complex daily. Eat Vitamin D when your skin does not see the sun.
5. *Micro-minerals*; eat 50g (minimum) aged cheese daily.
6. *Ginger bomb*; one small bomb made with 3 teaspoons dry ginger mixed with honey, and/or clarified butter, daily.
7. *Mayonnaise*; this food supplies protein, cholesterol, essential fats & vitamin E. Eat a minimum of four raw egg yolks per day combined with a minimum of 25g per day of an oil rich in Vitamin E, Omega 3 and Omega 6. Suitable oils are soybean, flaxseed, hempseed etc.
8. *Fish oil*; get some 1000mg fish oil capsules from your supermarket/health food supplier and take 2 or more each day.
9. *Broth*; eat a large bowl of warm clear broth with added iodized salt daily. You may eat more if you desire. See meat & fish broths.

This food will replenish your digestive chemicals, and ready it for a full anti-IBS meal.

Foods you can eat

Meats, fish, & egg yolks	Pickled fruits & vegetables
Dairy foods	Drinks
Coconut milk & cream	Vitamins
Nuts & oil seeds	Micro-greens
Tofu, soy milk & soy sauce	
Fats & oils	Iodized salt
Fruits, fungi, fruit teas & juices	Honey, sugars & sweets
Protease enzyme fruits	Ginger
Protease enzyme supplements	Spices, herbs, & vinegars
Non-starchy vegetables	Alcohol

- *Egg yolks, fish & meat*; eat a cooked serving of one of these in a meal to control the speed of your small intestine. Large amounts are not needed. Do not eat processed animal foods containing gluten, (such as sausages, surimi etc.) and food additives E1400 to E1451. You may eat cooked egg whites but they do not slow your small intestine.
- *Dairy foods*; eat a serving of fresh, unsalted dairy in a meal (eg. milk, cream, Greek yoghurt, cream cheese), to help slow your small intestine. Eat these cold in hot weather and warmed up in cold weather. Do not eat dairy foods containing the stabilizers E1400 to E1451, as gluten may be present. Do not eat dairy with cooked eggs, fish & meat. If dairy causes any problems (mucous and /or depression) then eat cooked meat, fish, & egg yolks, instead.
- *Nuts & oil seeds*; you may eat nuts & seed butters, but **DO NOT** eat peanuts or peanut butter (may have toxic side-effects), and **DO NOT** eat hemp protein powder (the fibre causes IBS symptoms). You may eat peanut & hemp oils though.
- *Coconut milk & cream*; are super sweet and cooling in summer. Warm them up in winter in soups & curries.
- *Fats & oils*; make sure they are emulsified before eating (as mayo, butter, cream, coconut milk/cream, avocados, chocolate, and egg yolks etc.). If you still have difficulties see 'Pancreas Problems'.
- *Tofu, soy milk & soy sauce*; these are OK, but do **NOT** eat tempeh, miso, or any other processed whole legume products.

- *Fruits, fungi, fruit teas & juices*; eat fresh tree-ripened raw fruits in season. If these are not available eat juices, soaked dried fruits, cooked fruits, and drink fruit teas. Supermarket fruits that are bred for colour and storage qualities, picked too soon, stored, transported, and/or artificially ripened, should not be eaten raw as they can cause IBS (unripe & bitter). However you may be able to eat them juiced (supermarket apples), or cooked. Field mushrooms (flats) are OK, but do not eat button mushrooms, as these are unripe. Mushrooms create extra mucous in the digestive system. So if you have trouble with mucous, don't eat them.
- *Protease enzyme fruits*; pineapple, kiwifruit, papaya, pawpaw, babaco, passionfruit, tamarillo, and figs contain protease enzymes that help you to digest proteins (see later).
- *Protease enzyme supplements*; get pills from your health food supplier, or make your own (see later).
- *Drinks*; water, milk, lassi, soft drinks, fruit drinks, fruit teas, herb teas, ginger teas, spiced teas, chocolate, coffees. Minimize bitter drinks (bitter teas, coffee, & chocolate); drink them only in hot & humid weather in small amounts. In winter drink non-bitter fruit, liquorice, peppermint, ginseng & ginger teas etc. with honey and ban bitter drinks.
- *Non-starchy vegetables*; eat these raw, cooked & fermented. Raw veggies are for summer, but eat them cooked & fermented in winter.
- *Fermented fruits & vegetables*; sauerkraut & kimchi supply valuable protease enzymes (when eaten raw). Avoid kimchi with hot spices in it. This may cause the small intestine to go too fast OR become dry & constipated. Eat these sour veggies in winter, cooked or raw. Also dill pickles etc..
- *Vitamins*; eat one or two vitamin D supplements each week in winter when the sun goes away. You may optionally eat a vitamin C supplement and a small vitamin B complex daily.
- *Micro-greens*; these fresh raw green plants are a good source of essential micro-minerals. Eat them alone as a snack (see later).
- *Iodized salt*; iodine is an essential micro-mineral that needs supplementation. Eat a minimum of 1g iodized salt daily.

- *Honey, sugars & sweets*; eat up to 100g sugars daily.
- *Ginger*; this spice is a digestive system tonic (see later).
- *Herbs, spices, & vinegars*;
- *Alcohol*; Drink small amounts only, emphasize the sweet taste, and avoid the bitter taste (red wine, tonics & some beers). Drink white wine, and give the red wines & bitter beers a miss. Mix your spirits with coke & fruit sodas, not tonic or bitters.

Foods to avoid

Cereals	Starchy seeds & vegetables
Legumes	Gluten
Peanuts	Processed foods
Hemp seed protein powder	Other people's food

- *Cereals*; any food containing wheat, rye, oats, barley, millet, rice, fonio, teff, or sorghum, must not be eaten. The bran from these cereals will cause IBS symptoms. Corn is the only 'safe' cereal. You may eat sweetcorn as a veggie. Also eat sugars & alcohol made from cereals, and cereal oils.
- *Legumes*; most foods containing beans, peas, & lentils, must not be eaten (exceptions; tofu, soy sauce, soy milk, bean oils). This includes processed bean foods such as miso and tempeh. The outer coat of legumes contains a type of insoluble fibre that triggers IBS symptoms, the rest is largely starch.
- *Peanuts*; these do not directly cause IBS symptoms but they can have toxic effects. It is best to avoid them.
- *Hemp protein powder*; Hemp seeds are pressed for their oil and the remains are ground into protein powder. Do NOT eat this, as it causes IBS symptoms, BUT you may eat the hemp oil.
- *Starchy vegetables*; including potato, sweet potato, cauliflower, yam, cassava, taro, sago, Jerusalem artichoke, parsnip, buckwheat, amaranth, quinoa, wild rice etc. Starch does not directly cause IBS, but it is indigestible and feeds toxic bacteria in your colon. You may eat a little vegetable starch as a thickener if you must. Gluten free corn, potato, buckwheat, tapioca, & sago starches are OK. Do NOT eat wheaten cornflour (gluten).

- *Gluten*; ban this cereal protein from your diet. It will cause your digestion to seize up.
- *Processed foods*; be very suspicious and look on the package label for cereals and gluten. Also numbers between E1400 and E1451. These food additives may contain gluten.
- *Other people's food*; complex mixtures may be thickened or stabilized with gluten. Choose simple foods when you eat out. Say NO to; coatings, sauces, thickened soups, casseroles, stews and other mixtures of unknown ingredients. Ask for the gluten free option, and choose a simple piece of grilled steak, not a 'thickened' meat dish.

Micro-minerals

Depression, skin lesions, poor performance, and other symptoms of malnutrition occur if we do not eat enough micro-minerals. If you find yourself hungry, under-performing, lacking energy, depressed, off colour, or with skin lesions (especially on the lower legs), then you may be deficient in micro-minerals.

1. Do not eat micro-mineral foods together with cooked foods. Eat them alone as a snack in between meals.
2. The micro-minerals are; boron, bromine, calcium, cobalt, copper, fluorine, iodine, iron, magnesium, manganese, molybdenum, phosphorous, selenium, vanadium & zinc.
3. Cheese; eat daily 50g aged cheese from grass-fed cows. Example; *NZ Mainland Vintage Cheddar* (2 years old). This is available in supermarkets in most countries.
4. Micro-greens; eat some fresh raw micro-greens (see later). These supply all micro-minerals except iodine & fluorine.
5. IODINE; eat an iodine supplement daily; iodized salt, or dried kelp.
6. FLUORINE; if your water supply does not contain enough fluoride then your pharmacy has fluoride tablets for you to eat.
7. [Chelated Multi-mineral Supplements](#); from your health food supplier. Eat a maximum of one per day when travelling. You will not need to eat these when you have aged cheeses or micro-greens available.

Micro-greens

I have tested many types of seeds but so far have found only three that are effective trace mineral supplements. They are all oilseeds; flaxseed (also linseed or linen seed), chia seed, and black or brown sesame seed. I have not been able to test hempseeds yet. These greens contain all micro-minerals except iodine & fluorine.

Flaxseeds and chia seeds produce protective mucilage when sprouted, so they can be grown on paper towels in a flat-bottomed container. Sesame seeds do not produce mucilage and need a container with a perforated bottom. They can be grown on paper, coconut coir or other seed raising medium.

Protease enzymes

These come from protease fruits, green ginger, and fermented fruits & vegetables. They prevent the constipation caused by the cooked protein foods in this diet.

- *Enzymes from raw protease fruits*; pineapple, kiwifruit, papaya, pawpaw, babaco, passionfruit, tamarillo, and figs contain protease enzymes. There may be other suitable local fruits available where you are. Take care with green Kiwifruits they can be bitter unless very ripe. Gold kiwis are safer. These special fruits must be eaten raw, as their enzymes are destroyed by heat. One modest serving each day will prevent the constipation caused by cooked proteins.
- *Enzymes from sugar fermented fruits*; pack sliced ripe raw seasonal fruits (peeled if necessary) and raw sugar or honey into a clean, dry jar, leaving a 3 cm gap at the top. Use three parts fruit, to one part raw sugar, or 1.2 parts honey (by weight). Put on a loose fitting lid and store in a dim cupboard for 1-3 months. Eat a little with meals.
- *Enzymes from sugar fermented fruit juices*; you can make these from pasteurized juices but fresh squeezed is much better. Use three parts juice, to one part raw sugar, or 1.2 parts honey (by weight). Put in a bottle with a loose fitting top, and leave a gap at the top. Store in a dim cupboard for 1-3 months. It does not need refrigeration. Drink a little with meals.

- *Store bought enzymes*; get pills from your health food supplier, chemist, drug store, or body building shop. Examples; actinidin (kiwifruit enzyme = 'Phloe'), betaine (pineapple enzyme), & papain (papaya enzyme).
- *Enzymes from fermented vegetables*;
 - *Kimchi*; eat a serving raw with meals, in cold weather. Kimchi with red pepper should be avoided. Make it yourself without hot spices. You may cook kimchi in dishes like jiigae, but the enzymes are destroyed.
 - *Sauerkraut*; do not use store bought kraut as this has been pasteurized (the enzymes have been destroyed). Make your own (see later). Eat a serving raw with meals in cold weather. You may cook sauerkraut in soups and stews, but the enzymes are destroyed.
- *Enzymes from fermented fruits*; cucumbers (dill pickles), peppers, and similar fruits, naturally fermented with salt.
- *Enzymes from green ginger*; see 'zingibain' in the Ginger section.

Sauerkraut

Recipe for 6 litres of sauerkraut; obtain one large green or white cabbage, or two medium sized cabbages. Remove the dark green outer leaves and reserve (these are bitter, and are used later to cover the kraut). Thinly slice the cabbage, add two large leeks thinly sliced crosswise, a large grated carrot, and a large head of broccoli, peeled & finely diced. Add a handful of garlic cloves (peeled), and a large stick of green ginger (peeled), that have been finely minced/chopped/crushed. Add ~50 dried juniper berries, nine heaped teaspoons of plain salt (do not use iodized salt) and mix thoroughly.

Punch this mixture down into a 10L plastic bucket so that it is tightly packed. Cover the top with the outer cabbage leaves. Place a large heavy duty plastic bag of water on top of the kraut so that it is covered completely and air is excluded. The water in the bag must not protrude above the top of the bucket. Put in a cool place for three or more weeks. The average temperature must not be above 15 degrees Centigrade. When it tastes nice and sour, pack it into jars and store in the fridge.

Ginger

Add this herb to your meals, and eat these Ginger teas & foods. They are digestive system tonics, digestive aids, and they help reduce the amount of enzymes leaking from the ileum into the colon (IBS-D & A);

1. *Green Ginger Tea*; put some crushed green Ginger in a cup, and add hot water.
2. *Dry Ginger Tea*; put powdered Ginger in a cup, and add hot water.
3. *Double Ginger Tea*; make your tea with both green Ginger and dry Ginger.
4. *Triple Ginger Tea*; add a few drops of Ginger essential oil to double Ginger tea.
5. *Ginger Chai*; add other spices to Ginger Teas.
6. *Crystallized Ginger, Ginger capsules, Ginger beer & Ginger wine*.
7. *Zingibain*; Fresh green ginger contains this powerful protease enzyme, and also other compounds that stimulate the release of digestive chemicals into the duodenum. This enzyme works in acid conditions. Slice 50g green ginger lengthwise in 1-2mm thick slices. Crush them and transfer to a cup along with any ginger juice. Add a little cold water, stir and leave for 5 minutes or more. Drink this liquid with cooked proteins.
8. *Ginger Bombs (Trikatu)*; these are excellent tonics for the digestive system. Start with the small bomb and try the big bombs later. If the big bombs dry up your digestion too much, then eat only small bombs. Mix these bombs with honey in cold weather. Mix them with jam or maple syrup, in hot weather.
 - a. *Small Bomb*; three level teaspoons powdered dry ginger.
 - b. *Big Bomb*; grind five peppercorns, add ½ level teaspoon long pepper (pippali, from Indian grocer), and three level teaspoons powdered dry ginger.
 - c. *Bigger Bomb*; grind ten peppercorns, add one level teaspoon long pepper (pippali, from Indian grocer), and three level teaspoons powdered dry ginger.
 - d. If you cannot obtain long pepper, just omit it.

Food in a hurry

- Fresh tree ripened fruits.
- Dried fruits soaked for 15 minutes in boiling water.
- Nuts & oil seed butters.
- Antipasto; olives, capers, gherkins, avocado, anchovies, cold meats etc.
- Cheese & pickles.
- Yoghurt & fruit.
- Cooked meat or fish; with pickles, mayo, avocado.
- Raw egg yolks (cholesterol supplement).
- Fruit teas, herb teas & coffees; optionally with dairy, coconut milk, spices, sugars and honey.
- Sweets, gluten free.
- Chocolate, gluten free.
- Snack bars, starch & gluten free (e.g. Mars bar, Nougat bar).
- Micro-mineral & protein snacks; micro-greens, aged cheese, raw oily fish (salmon) with fish sauce & wasabi.

Eating ideas

- *Fruits*; eat raw, tree ripened, seasonal fruits; others can be cooked. Also fruit juices, soaked dried fruits, fruit teas, cordials, conserves, jams, jellies, sauces, chutneys.
- *Soups, stews & casseroles*; meat, fish, mushrooms, herbs, spices, salt, garlic, fruits, non-starchy veggies, fermented veggies & wine.
- *Salads*; micro-greens, fruits, avocado, non-starchy veggies, nuts, tofu, cheeses, green herbs, dressings, mayo etc.
- *Sauces*; made with eggs.
- *Yoghurt*; eat Greek style (or similar) yoghurt thickened with extra milk solids.

- *Cheeses*; with fruits, nuts, vegetables, pickles, avocado, olives, salami, and wine. Avoid processed cheeses. Best cheeses are aged more than one year, and sourced from grass-fed animals.
- *Eggs*; omelettes, Benedict, boiled, fried, bacon & eggs.
- *Quiche*; make without a shell, or use blanched cabbage leaves for the shell. Fill with mushrooms, avocado, peppers, apple & walnuts.
- *Seafood*; avoid processed crab sticks, surimi etc. these are likely to contain gluten.
- *Meats*; avoid processed meats containing cereals/gluten (sausages etc.).
- *Pickled fruits & veggies, chutneys, relishes*; watch for additives.
- *Dips & pates*; eat dairy and egg based ones (gluten free).
- *Biscotti*; made with almond, macadamia, walnut and pecan flours.
- *Drinks*; juices, teas, coffee, milk, lassi, smoothies, soy milk, coconut drinks, water, soft-drinks, wine, beer, cider, perry, mead, spirits, & liqueurs.
- *Desserts*; coconut cream, cream, ice cream, egg custard, fruits, Pavlova, meringue.

Indigestion caused by fats

If you have difficulty digesting fats, then;

1. Your gall bladder may not be releasing enough bile to emulsify the fats in your food (IBS-B). *The remedy is*; eat only emulsified fats. OR...
2. Your gall bladder may have been emptied by continual diarrhoea. *The remedy is*; eat 'The IBS Recovery Diet' including raw egg yolks. OR...
3. Your pancreas may not be releasing enough bicarbonate to keep the small intestine alkaline. You will have trouble with acid foods and may be taking drugs to suppress stomach acid production (proton blockers). Refer to the section '*Pancreas problems*'.

Symptoms are not stopped by this diet

1. *All symptoms continue*; you may have IBS with complications, or ankylosing spondylitis (AS), or ulcerative colitis (UC), or Crohns' disease, or another Intestinal Bowel Disorder (IBD), or a Pancreas disorder. These illnesses can all cause similar symptoms to IBS. A [Keto Diet](#) will heal all the above illnesses except Pancreas disorders (see 'Pancreas problems' later).
2. *Diarrhoea continues*;
 - a. Stress may be opening the valve at the end of the small intestine. Practise a [Relaxation Therapy](#) (see later).
 - b. You may be eating raw foods in cold weather. Eat seasonally, and select the correct foods. *In Winter*; eat well cooked hot food (soups, roasts, casseroles) with hot toddies, vitamin supplements, featuring the tastes of sweet, sour & salty. *In Summer*; eat raw & cold foods (cold meat, raw veggies, raw tree-ripened fruits), with bitter teas, cold beers, featuring the tastes of sweet, bitter & astringent. *In humid weather*; add small amounts of the pungent taste to your food (ginger, black pepper, turmeric, curry etc.).
 - c. You may be eating too much bitter in cold weather (beers, red wine, red grape juice, bitter herb teas, coffee, chocolate, unripe raw fruit, egg white, extra-virgin olive & coconut oils), OR too much astringent food (black tea, dried fruit, dried meat). Eat sweet, sour and salty instead. *That is*; eat hot cooked food; drink hot fruit teas (not bitter drinks), drink white wines, fortified wines & liqueurs (not beers & red wine), and eat plenty of fermented veggies, & salt. Avoid dried food, and eat only hydrated foods (e.g. soak and cook dried fruit).
 - d. Spicy food can speed you up and cause a hot, loose, yellowish, acrid bowel movement. Ban hot spices like chilli & cayenne. Instead eat ginger, & other warm spices.

3. *Constipation continues;*

- a. Stress may be causing an IBS Barrier in the small intestine. Stop eating and drinking in the mornings. Do not eat until your barrier disappears (bloating, & cramping cease). Practise a [Relaxation Therapy](#) (see later).
- b. Cooked meats, fish & egg yolks can cause constipation. This will vanish when a fresh, raw, protease food or protease enzyme supplement is eaten regularly.
- c. Dairy foods may cause constipation. This can be avoided by eating cooked meat, fish, & eggs, with protease enzymes, instead.
- d. Gluten (often present in processed foods), will paralyse your digestive system. Be suspicious of food that others have prepared, ask for gluten free, and if food additives E1400 to E1451 are listed on the label, do not eat it. Laxatives are needed to clear this constipation.
- e. Pungent spices, bitter foods, & dry foods can cause constipation in small amounts. They may cause diarrhoea in large amounts.

4. *Depression continues;*

- a. Fresh dairy foods may cause depression. If this occurs, stop eating them.
- b. A micro-mineral deficiency can cause depression. It will disappear quickly when you eat 50g aged cheese, or micro-greens, or a chelated multi-mineral supplement, with no other foods.

Pancreas problems

If IBS began after a toxic insult to the small intestine, then the sensors in the duodenum that release *pancreas stimulating hormones*, may have been destroyed. When this happens the pancreas does not release enough bicarbonate to neutralize acids, and the small intestine becomes acidic. Your enzymes will not work anymore, and the small intestine will no longer digest fats and proteins. Eating acid foods & fats will cause diarrhoea, and you may be taking medication to suppress stomach acid production (proton blockers) and/or drugs to absorb bile salts (bile acid sequestrants).

Download the [Simple Keto Diet](#) and read about Supplements and the Coin Oracle. The Oracle will help you to find out how to feed yourself, and the supplements will help keep you well. Eat this anti-IBS diet with these modifications;

- Eat as little acid as possible;
 - Eat low acid fruits only. White grape juice, soaked dried fruit, ripe cherries, blueberries, persimmons, custard apples, eating grapes (do not eat the grape skins). Do not eat cooked fresh fruit (sour), instead eat cooked dried fruits.
 - Do not eat vinegar, fermented foods and sour spices (tamarind) etc. Alcohol can provide the sour taste instead. Drink cautiously. Beers and cold white wines in summer. Special toddies, fortified wines, liqueurs & spirits in winter.
- Eat as little fat as possible; instead you need to apply polyunsaturated fats to your skin. Use these oils for massage. Omega 3 oils = walnut (warm temperature), hemp (cool), flaxseed (neutral). Omega 6 oils = sesame (cool), almond/apricot (warm), hemp (cool). Also try cold processed clarified butter (neutral | see Simple Keto Diet). Warm oils are for winter and cool oils are for summer. If the oil does not feel right try a different one, or ask the Coin Oracle. You will need to change oils with the seasons. Massage your whole body liberally at least once daily. If the oil does not soak in quickly, change to a different one. See the [Simple Keto Diet](#) for more info on fats & oils.
- *Dairy*; do not eat dairy foods, except for fat free milk with an acid-free enzyme supplement.

- Eat tofu, TVP, soy protein powder, and low fat soy milk. Low fat soy milk is drunk cold in summer to cool you. Drink it hot & possibly spiced in winter. Eat these foods with an acid-free enzyme supplement.
- *Acid-free enzymes*; get these from ginger (zingibain), or buy fruit enzymes from your health food shop (actinidin, papain, betaine).
- Eat plenty of micro-greens.
- *Eat invert sugars*; dextrose, maple syrup, imitation maple syrup, & honey. Eat 100-150g of invert sugars daily.
- Learn how to use the Coin Oracle (see [Simple Keto Diet](#)). It will teach you how to feed yourself in ways you never imagined.
- Use a wide variety of spices & herbs in your food, especially ginger. Have 20 plus herbs and spices in your pantry. Use the Coin Oracle to find out which ones to use.
- Eat supplements (see [Simple Keto Diet](#)).
- These are suggestions based on limited experience. Allow the *Coin Oracle* to fine tune them for your unique digestive system.

Relaxation therapies for IBS

To stop IBS symptoms that are caused by stress, you need to practise a Relaxation Therapy. These come in many forms; Chi Gong, Hypnotherapy, Psychotherapy, Reiki, Tai Chi, Yoga, & many others.

Yoga Nidra

This is a guided relaxation given live, or from an audio recording. Many Yoga schools teach a version of this technique and they may also be able to provide a CD/mp3 that you can use at home.

- [Ashram Yoga](#) supplies .mp3 files for download. I recommend *Yoga Nidra Healing Relaxation*.

Yoga Nidra goes like this. Choose a quiet, safe, warm place where you will not be interrupted. You need a firm surface such as a rug on the floor on which to practise. Lie down on your back with your hands by your sides, palms up and open. Your spine should be straight, your

feet shoulder width apart and relaxed sideways. You may place a pillow under your head and one under the knees if necessary. If you need a rug to keep warm, use one. Once you are comfortable, start your Yoga Nidra audio and follow the instructions.

You will be given a series of awareness, breathing and visualization techniques that are designed to relax you. Each session takes 20 to 45 minutes. If you find yourself going to sleep then hold one or both forearms erect during the practice (possibly with an object grasped in the hand), or even sit up against the wall. You will need to practise Yoga Nidra daily to begin with. It can be practised anytime.

After a month or three you will be able to reduce your practice to 3 times a week, and will have reduced your adrenal hormone levels & IBS symptoms. After many years of regular practice (approximately 10 to 12), all stress will be gone forever, and you will not have to do Yoga Nidra anymore.

In a nutshell

1. Learn to relax. Practise Yoga Nidra (or other Relaxation Therapy) daily for the first three months, then 3 times a week.
2. Do not eat cereals (exception sweetcorn), or legumes (exceptions tofu, soy sauce, soy milk), or peanuts, or hemp protein powder. Do not eat wheaten cornflour (this contains gluten). Do not eat processed foods containing gluten or food additives E1400 to E1451. Eat only small amounts of starch (from buckwheat, sago, tapioca, corn) as thickeners if you must.
3. Eat some cooked animal protein (not egg white) OR fresh dairy protein with each meal.
4. Eat a protease enzyme supplement daily.
5. Eat fruits; eat tree ripened raw fruits in season, rest of the time cook them, or eat dried fruit, fruit teas, and fruit wines. Eat fermented fruits in winter.
6. Eat non-starchy vegetables and fermented vegetables.
7. Eat a regular Vitamin D supplement when the sun disappears, and Vitamin C & Bs as necessary.

8. Eat a micro-mineral snack several times a week (aged cheese, raw micro-greens, chelated multi-mineral supplement). Eat iodine (iodized salt, dried kelp) and fluorine (if necessary).
9. Eat seasonal food & drink. Warm cooked food in winter featuring the sweet, sour & salty tastes (hot fruit teas, honey, meat stew with sauerkraut, alcohol). Raw and cool cooked foods in summer featuring the sweet taste, with a little bitter & astringent (raw fruit, cold meats & salad, black tea & coconut milk).
10. Temperature; avoid food that is too cold, and food that is too hot.
11. Eat plenty of ginger and ginger foods.
12. If hallucinations occur, immediately eat four raw egg yolks alone, and wait two hours before eating anything else. If the hallucinations are severe, double or triple the number of raw egg yolks that you eat. Eat 1-2 egg yolks between meals as a preventative if necessary. If hallucinations occur after you have eaten raw egg yolks then stop eating them for a day or two.
13. Eat small amounts of fruit & vegetable fibre, so that the volume of your digestion stays small.
14. Questions? Go to the Facebook Group '[IBS Explained](#)'. If you cannot access Facebook, then talk to me on WeChat (ID = wxid_dvdyc77bejy012).