The Easy anti-IBS Diet

This diet is designed to treat only IBS.
If you have a different illness, a ‘Keto’ diet is recommended instead.

Format = A5 | Print as a double-sided-booklet on A4 or Letter.

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How this diet works

There are two principal factors that trigger your IBS symptoms;

- **Stress;** releases adrenal hormones that cause the autonomic nervous system (ANS) to operate at ‘high’ levels. Because IBS is caused by malfunctions in the ANS, stress triggers and intensifies its symptoms. The effects of stress can be minimized by the practice of a Relaxation Therapy (see later).

- **Fibre;** the insoluble fibre in cereals, the outer coats of legumes, and hemp protein powder, causes IBS symptoms by speeding up the small intestine when it is not controlled by the brain. If you stop eating these types of fibre, the speed of the small intestine can then be controlled (slowed) by eating special foods.

Special foods that slow the digestion;

- **Dairy foods;** contain opioid peptides that help to slow the small intestine when cereals & whole legumes are not eaten. Fermented and salted dairy foods (sour and salty) may speed it up, so eat fresh, unsalted & unfermented dairy foods. Side effects may be constipation, excess mucous, calcium problems (osteo-arthritis, muscle cramps, calcium deposits), and depression. To overcome these effects; restrict dairy, or stop eating it & eat cooked animal foods.

- **Cooked meats, fish, seafood, & egg yolks (but not egg white & dairy);** contain HCAs (Heterocyclic Amines). HCAs are created when you heat most animal proteins above 40C. HCAs slow down the small intestine, but have some toxic side effects;
  - **Pancreatic protease enzymes;** will stop working and constipation occurs. This side effect can be overcome by eating foods containing protease enzymes that prevent the constipation caused by HCAs.
  - **Skin problems** may occur (acne, ingrown hairs, cellulite, & worse); this side effect happens because the only way your body can eliminate some of the HCAs, is to excrete them through the skin.
Nervous system may be adversely affected. Some HCAs can mimic neurotransmitters, causing irregularities in nerve signals, erratic performance, and possibly mental problems.

These problems may already be present if you are eating cooked animal proteins, but if you are not aware of them, then there is no problem. However if you find them unacceptable, then eat a Keto Diet instead.

Before you begin

1. Diarrhoea; if you have been suffering from frequent severe 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).

2. Bloating & cramping; if these symptoms occur, then your IBS Barrier is active. Do not eat or drink in the morning if bloating and/or cramping occur when breakfast is eaten. Wait; the Barrier usually relaxes later in the day, and then you can eat this diet without problems. Start Relaxation Therapy (see later).

3. 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. I use 5g rock salt plus 3g magnesium sulphate (or citrate) as in a. above.
   c. Clean out your colon with a warm saline enema of 4g of rock salt to half a litre of water.

4. Mineral deficiencies; are common when IBS disturbs bacterial digestion in the colon. Lack of minerals causes depression and malnutrition. Resupply your minerals by eating 25g aged cheese daily from grass-fed animals (e.g. NZ Mainland Vintage Cheddar). Also put iodized salt on your food (see the section ‘Minerals’).
5. **Hallucinations** (visual disturbances); are often 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 lost bile before the next meal, so the liver then demands that the rest of the body supply it with cholesterol to make more bile. The brain contains large amounts of cholesterol and must release it to the liver. This causes visual hallucinations. When they start, immediately eat four raw egg yolks. If they are severe you may eat another four raw egg yolks. Do not eat anything else for 30 minutes after eating the yolks. A base-line dose of 1-2 raw egg yolks eaten ~30 minutes before a 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.

c. If egg yolks do not stop the hallucinations within 30 minutes then there are other causes for the problem. Basically your brain is protesting because she does not have enough vital nutrients. These are cholesterol, glucose, and poly-unsaturated fats from animals (PUFAs such as EPA & DHA). These fats are found in raw salmon, fish oil capsules, free-range egg yolks, and butter from grass-fed animals (New Zealand butter).

6. **Irritation around the anus**; this is caused by pancreatic protease enzymes that are not being removed & recycled by the ileum (last part of the small intestine). The enzymes leak into the colon and then out of the anus. They cause cracked, dry, scarred & painful skin around the anus. Here are some tips to minimize this problem;
   
a. Stop eating fresh dairy proteins & mushrooms. These foods create mucous that aggravates enzyme leakage into the colon.

b. Eat a minimum of 1 level dessertspoon dry ginger powder per meal, as teas, in soups, and as ‘ginger bombs’. Also kefir ginger beer (see the [Keto Diet](https://www.ibsexplained.com/) for more information on ginger). DO NOT eat hot spices such as chilli and cayenne.
5 - The Easy anti-IBS Diet | https://www.ibsexplained.com/

c. Drink bitter teas for breakfast and after 6pm in the evening (green, black, oolong etc.). Possibly add spices (chai) in wet weather. Do not drink them in the afternoon. Drink only as much as tastes good, and no more. Eating too much bitter taste will cause insomnia with cold feet.

7. Download the book IBS Explained (2MB PDF), and educate yourself.

8. Join the groups 'IBS Explained' on Facebook and/or Telegram so that you can ask me questions and find out about updates.

9. Practise a Relaxation Therapy (see later); this will stop the symptoms that are triggered by stress. Begin as soon as you can. It takes about three months of daily practice to start working at 100%, so be patient & just keep doing it.

Starch & Inulin

The human digestive system cannot digest the starch from cereals, legumes, seeds (buckwheat etc.) and vegetables (potatoes etc.). We can only digest the starch from fruits (bananas) and nuts (almonds). We cannot digest inulin in vegetables (yams, onions, lotus root etc.)

Starch is a polymer of glucose. Inulin is a polymer of glucose and fructose. Eating them is the cause of Diabetes type II. They are also implicated in auto-immune diseases such as AS (ankylosing spondylitis) that have symptoms similar to IBS. So this diet restricts the indigestible starches & inulin, and only allows starch from fruits & nuts.

- It is absolutely essential to ban all cereals and legumes because they contain damaging fibre that triggers IBS.

- Starchy seeds, starchy vegetables and inulin from vegetables are also not recommended. Stopping them prevents Diabetes Type II and some auto-immune disorders. However if you eat a little now and again, your IBS symptoms will likely not return.
**IBS recovery diet**

If you are very ill with IBS, start with this food and eat it for 2 days or longer. This will replenish your digestive chemicals, and prepare your digestive system for an ‘Anti-IBS’ meal;

1. Fast (warm drinks only, no solids) for a day or so until all symptoms cease. While fasting, go shopping for the foods you will need for your recovery diet.
2. DO NOT eat any bitter taste (bitter herb teas, bitter beer, micro-greens, red wine, red grape juice, egg white, coffee, cocoa, chocolate etc.).
3. DO NOT eat any dehydrating foods (chili, cayenne, black pepper, neat spirits, black tea, dried fruit, dried meat etc.).

Eat only;

- **Warm fruit drinks, warm milk drinks, fruit teas, lassi;** 100mL fresh fruit juice plus warm water, 1/3 cup milk plus warm water, hot fruit tea, 50g coconut cream plus hot water, 50-100g yogurt plus warm water.
- **Warm non-bitter herb teas;** ginger, liquorice, fennel, aniseed, red bush/rooibos, chamomile, peppermint, ginseng etc.
- **Sugars;** about 100g per day of natural sugars. Do not eat artificial sweeteners. Eat small amounts of fresh ripe seasonal fruit.
- **Minerals;** eat everyday ~25g aged & fermented cheese. It must be from animals fed on natural vegetation (e.g. NZ Mainland Vintage Cheddar, made from the milk of grass-fed cows & aged for two years).
- **Ginger bomb;** one small bomb made with 3 teaspoons dry ginger mixed with honey, and optionally butter, daily.
- **Mayonnaise;** this food supplies protein, cholesterol, essential fats & vitamin E. Eat about four raw egg yolks per day and stir in about 25g of an oil rich in Vitamin E, Omega 3 & Omega 6. Add the oil a teaspoonful at a time and stir until smooth & shiny. You may add salt & raw garlic just before eating. Some suitable oils are; soybean, canola, flaxseed, perilla, walnut & hempseed.
- **Fish oil;** obtain 1000mg fish oil capsules from your supermarket or health food supplier and eat 5 to 10 each day.
- **Broth;** eat a large bowl of warm clear broth with added iodized salt daily. You may eat more if you desire.
Foods you can eat

- **Egg yolks, seafood, fish & meat**: eat a cooked serving in a meal to slow down 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 white but it does not slow your small intestine.

- **Dairy foods**: eat a serving of fresh, unsalted dairy in a meal (eg. milk, cream, Greek yogurt, 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 together with cooked eggs, fish & meat. If dairy causes problems (depression, constipation, mucous, muscle cramps, calcium deposits/stones, osteo-arthritis), reduce it to a maximum of 250mL milk daily and remove excess calcium by drinking plenty of liquids, OR do not eat dairy foods.

- **Coconut milk & cream**: are super sweet and cooling in summer. Warm them up in winter in soups & curries.

- **Fats, oils & mayonnaise**: best to eat fats that are already emulsified (oils as mayo, butter, cream, coconut milk/cream, avocados, chocolate, egg yolks etc.), difficulties? see ‘Pancreas Problems’.

- **Nuts & sunflower seeds**: you may eat nuts and nut & sunflower seed butters, but DO NOT eat other oil seeds (too much Calcium) instead eat only their oils. DO NOT eat peanuts or peanut butter (toxic side-effects), and DO NOT eat hemp protein powder (the
fibre causes IBS symptoms). You may however eat peanut & hemp oils.

- **Protease enzyme fruits:** pineapple, kiwifruit, papaya, babaco, passionfruit, tamarillo, figs, and others, 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).

- **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 long storage life, picked too soon, 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, or cooked. Field mushrooms (flats) are OK, but do not eat button mushrooms, as these are not ripe.

- **Drinks:** water, milk, lassi, soft drinks, fruit drinks, fruit teas, herb teas, ginger teas, spiced teas, chocolate, coffees. Drink bitter teas for breakfast, in the evening, and at the end of a meal. Do not drink them in the afternoon. Drink them sparingly and only drink more if the tea still tastes delicious. In winter eat non-bitter drinks; fruit, liquorice, peppermint, ginseng & ginger teas.

- **Vegetables:** eat them raw in summer, cooked and/or fermented in winter. Avoid starch and inulin as much as possible.

- **Fermented fruits & vegetables:** sauerkraut & kimchi supply vitamins B, C, & 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 foods in winter, raw, sour, and salty. Cooking them destroys the enzymes and vitamin C. Also dill pickles etc.

- **Vitamins:** eat a vitamin D supplement weekly in winter when the sun goes away. Optionally eat a vitamin C supplement and a small vitamin B complex daily.

- **Micro-greens:** these fresh raw green sprouts are a good source of essential minerals (see later) and vitamins.

- **Iodized salt:** iodine is an essential mineral.
• Honey, sugars & sweets; eat up to 100g sugars daily (including fruits). Sugar is not essential.

• Ginger; this spice is a digestive system tonic (see later).

• Herbs, spices, & vinegars; avoid hot spices, restrict bitter herbs.

• Alcohol; Drink small amounts only, emphasize the sweet taste, and minimize the bitter taste (red wine, tonics & beers).

Foods to avoid

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- **Cereals;** these must not be eaten. The fibre (bran) will trigger IBS symptoms and they contain starch. You may eat cereal oils, and sugars/alcohol made from cereal starch.

- **Legumes/Pulses;** foods containing beans, peas, & lentils, must not be eaten. The outer coat has fibre that triggers IBS symptoms, and they contain starch.

- **Starch & Inulin;** foods containing them include potato, sweet potato, cauliflower, mushrooms, garlic, onion, yam, cassava, taro, sago, Jerusalem artichoke, parsnip, buckwheat, amaranth, quinoa, wild rice etc.

- **Peanuts;** these do not directly cause IBS symptoms but they can have toxic effects. It is best to avoid them, except for the oil.

- **Hemp protein powder;** Hemp seeds are pressed for their oil and the remaining solids are ground into protein powder. Do NOT eat this, as the fibre causes IBS symptoms. You may eat the oil however.

- **Gluten;** ban this cereal protein. It will cause your digestion to seize up (when the fibre from cereals & legumes is not eaten).

- **Processed foods;** be very suspicious and look on the label for cereals, starch, and gluten. The food additives E1400 to E1451 may contain starch & gluten.

- **Other people’s food;** complex mixtures may be thickened or stabilized with starch & 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.

**Minerals**

If you find yourself hungry (even after eating a meal), underperforming, lacking energy, depressed, off colour, with finger & toenail defects, or skin lesions (especially on the lower legs), then you are deficient in minerals. The minerals are; boron, bromine, calcium, cobalt, copper, fluorine, iodine, iron, magnesium, manganese, molybdenum, phosphorous, potassium, selenium, vanadium, & zinc. Do not eat the following mineral foods with cooked foods. Eat them alone, or with raw foods, and in between cooked meals.

1. **Cheese**; eat 25g daily fermented & aged cheese from animals fed on natural vegetation *(NZ Mainland Vintage Cheddar aged 2 years).*

2. **Micro-greens**; eat some fresh raw micro-greens (see later). These supply all minerals except iodine & fluorine, but you may need to eat cheese as well.

3. **IODINE**; iodized salt, dried kelp.

4. **FLUORINE**; if your water supply does not contain enough fluoride (your teeth are soft), then a fluoride supplement is advisable.

5. **Chelated Multi-mineral Supplements**; eat a maximum of one per day when travelling without access to suitable cheese. These are not very effective and are not a long-term option.

**Micro-greens**

Oil-seed sprouts make the best mineral supplements. Make your sprouts from flaxseed (linseed/linen), chia, niger, black & brown sesame seeds. Brassicas (canola, mustard, cabbage, etc.) are not as good. I have not been able to test hempseed. Micro-greens contain all minerals except iodine & fluorine but you may struggle to get enough minerals from them. Best to eat some cheese as well.

Flax and chia seeds produce protective mucilage when sprouted. They can be grown on paper towels in a flat-bottomed container. Sesame,
niger & brassica seeds do not produce mucilage and need a container with a perforated bottom. There are excellent instructions for growing micro-greens on the WWW. At high temperatures (30C plus) and low temperatures (below 10C), micro-greens do not grow well.

Protease enzymes

1. These enzymes are found in some fruits, green ginger, and fermented foods. They prevent the constipation caused by eating cooked animal proteins. The enzymes work in acid conditions, are destroyed when heated over 40 degrees Centigrade, and need to be eaten raw. One serving a week is enough, but more is better.

2. Enzymes from ripe, raw fruits; pineapple, kiwifruit, papaya, babaco, passionfruit, tamarillo, and fresh figs contain protease enzymes. There may be other suitable fruits available in your area. Take care with green Kiwifruits as they can be bitter unless ripe. Gold kiwis are safer.

3. Enzymes from fruits fermented in sugar; 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 2-3 months.

4. Store bought enzymes; get fruit enzymes from your health food supplier, chemist, drug store, or body building shop. Examples; actinidin (kiwifruit enzyme ‘Phloe’), betaine (pineapple enzyme), & papain (papaya enzyme).

5. Enzymes from fermented fruits; cucumbers (dill pickles), peppers, and similar fruits, naturally fermented with salt.

6. Enzymes from green ginger; see ‘zingibain’ in the Ginger section.

7. Enzymes from fermented milk; ferment with Kefir grains. Be careful with dairy because of the high Calcium content.

8. Enzymes from fermented vegetables;
   a. Kimchi; eat a serving raw with meals. Kimchi with red pepper should be avoided. Make it yourself without hot spices. You may cook kimchi in dishes like jiigae, but the enzymes & vitamins are destroyed.
b. **Sauerkraut**; do not use store bought kraut as this has been pasteurized and the enzymes destroyed. Make your own. Eat a serving raw with meals. You may cook sauerkraut in soups and stews, but the enzymes & vitamins are destroyed.

**Ginger**

Add this herb to your meals, and eat these Ginger drinks & foods. They are digestive system tonics, digestive aids, and help reduce the amount of enzymes leaking from the ileum into the colon;

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. **Zingibain**; Fresh green ginger contains this powerful protease enzyme, and other compounds that stimulate the release of digestive chemicals into the duodenum. Zingibain works in acid conditions. Slice 50g green ginger lengthwise in 1-2mm thick slices. Crush them in a mortar and transfer to a cup along with any ginger juice. Add a little cold water, stir and leave for 5 minutes or so. Drink this liquid with cooked proteins. Also see [Keto Diet]

7. **Crystallized Ginger, Ginger capsules, Ginger beer & Ginger wine.**

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, and with jam or maple syrup in hot weather. Optionally include butter to make them even more delicious.

a. **Small Bomb**; three teaspoons powdered dry ginger.

b. **Big Bomb**; grind five peppercorns and one long pepper, and add three teaspoons powdered dry ginger.
c. **Bigger Bomb**; grind ten peppercorns and two long peppers, add 3 teaspoons powdered dry ginger.

d. If you cannot obtain long peppers (*pippali* from Indian grocer, *dipli* from Thai grocer, or *kawakawa* fruits in NZ bush), use extra peppercorns.

**Food in a hurry**

1. Fresh ripe fruits.
2. Dried fruits soaked for 15 minutes in boiling water.
3. Nuts, nut & sunflower seed butters.
4. Antipasto; olives, capers, gherkins, avocado, anchovies, cold meats etc.
5. Cheese & pickles.
6. Yogurt & fruit.
7. Cooked meat or fish; with pickles, mayo, avocado.
8. Fruit teas, herb teas, coffees & cocoa; optionally with dairy, coconut milk, spices, sugars and honey.
9. Sweets, gluten free (mars bar, nougat).
10. Chocolate, gluten free.
11. Protein snacks; aged/fermented cheeses, raw oily fish (sashimi) with shoyu, wasabi & pickled ginger, nuts, raw egg yolks, yogurt.
12. Ginger snacks; bombs and ginger drinks.
13. Brain snacks; raw egg yolks, fish oil pills eat 10 (1 or 2 is not enough), raw oily fish, raw salmon belly, New Zealand or Australian butter.
15. Mineral snack; aged & fermented cheeses, micro-greens.

**Eating ideas**

- **Fruits**; eat raw, ripe, 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, allowed veggies, fermented veggies, butter & wine. Thicken with vegetable starch if you must (e.g. tapioca).
- **Salads**; micro-greens, fruits, avocado, green veggies, nuts, tofu, cheeses, green herbs, dressings, mayo etc.
• **Sauces;** made with eggs, cream, cream cheese, sour cream coconut cream.

• **Yogurt;** eat Greek style yogurt thickened with extra milk solids and natural yogurt without additives. Avoid starch stabilizers!
Cheeses; with fruits, nuts, vegetables, pickles, avocado, olives, salami, and wine. Avoid processed cheeses. Best cheeses contain minerals and are sourced from grass-fed animals, e.g; fermented, such as camembert etc. | or aged more than one year, such as cheddar, pecorino etc.

Eggs; custard, omelettes, Benedict, boiled, fried, bacon & eggs. Raw egg yolks provide cholesterol for bile acid manufacture.

Quiche; make without a shell, or use blanched cabbage leaves. Fill with mushrooms, avocado, bacon, and peppers etc.

Seafood; avoid processed seafood (surimi etc.) as this is likely to contain gluten.

Meats; avoid processed meats containing cereals/gluten (cheap 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, and pecan flours.

Drinks; juices, teas, coffee, cocoa, milk, lassi, smoothies, soy milk, coconut drinks, water, soft-drinks, wine, beer, cider, perry, mead, spirits, & liqueurs.

Desserts; fruit salad, coconut cream, cream, ice cream, egg custard, fruits, Pavlova, meringue.

**Indigestion caused by fats**

If you have difficulty digesting fats, then;

- Your gall bladder may not be releasing enough bile to emulsify the fats in your food. *The remedy is;* eat only already emulsified fats, and eat ginger foods to stimulate the release of bile.
- Your gall bladder may have been emptied by continual diarrhoea. *The remedy is;* eat the ‘IBS Recovery Diet’ and regularly eat raw egg yolks for extra cholesterol to make more bile.
- Your pancreas may not be releasing enough bicarbonate to keep the small intestine alkaline. You will have trouble with acid foods, may be taking drugs to suppress stomach acids (proton blockers),
and bile acid sequestrants. 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 Crohn’s 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’).

2. Diarrhoea continues;
   a. Stress is opening the valve at the end of the small intestine. Practise a Relaxation Therapy (see later).
   b. 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.
   c. You may be eating raw foods in cold weather. Eat seasonally, and prepare your foods correctly.
      i. In Winter; eat well-cooked hydrated hot food (soups, roasts, casseroles) with hot toddies, vitamin supplements, featuring the tastes of sweet, sour & salty. Minimize pungent, bitter & astringent, and raw foods.
      ii. 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. Minimize pungent, sour & salty.
      iii. In Spring; continue with winter meals, add summer meals as necessary.
      iv. In Autumn; continue with summer meals, add winter meals as necessary.
      v. In Humid Weather; add the pungent, bitter & astringent tastes to your food (ginger, black pepper, curry, dried foods etc.)
      vi. In dry weather; emphasize the sweet, sour & salty tastes.
d. You may be eating too much *bitter food* in cold weather (beers, red wine, red grape juice, bitter herb teas, coffee, chocolate, unripe raw fruit, egg white, extra-virgin olive & coconut oils). You may be eating too much *astringent food* in cold weather (black tea, dried fruit, dried meat etc.). Eat the tastes of *sweet, sour and salty* in cold weather. 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 warm hydrated foods (e.g. soak and cook dried fruit).

3. **Constipation continues;**

a. Stress is causing an IBS Barrier in the small intestine. Remedy is to stop eating and drinking in the mornings. Do not eat until your barrier disappears later in the day, and practise a Relaxation Therapy (see later).

b. Cooked animal foods can cause constipation. Remedy is to eat a fresh, raw, protease food or protease enzyme supplement. Once a week is OK but more often is better.

c. Dairy foods may cause constipation. Remedy is to reduce them OR stop eating them and instead eat cooked meat, fish, & egg yolks, with protease enzymes.

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 mineral deficiency can cause depression. It will disappear quickly after you eat 25g aged cheese from grass-fed animals. Eat it as a snack alone, or with other raw foods.
Pancreas problems

If IBS began after a toxic insult to the small intestine (e.g. severe food poisoning), 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 food acids, and the small intestine becomes acidic. Now your enzymes will not work in acid conditions, and the small intestine can 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](https://www.ibsexplained.com/) 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 Diet with these modifications;

- Your small intestine does not work so you need to feed the bacteria in your colon and in turn, they will feed you by digesting your food. They digest starch, inulin, & cooked proteins and make most of the nutrients your body requires. At the same time you must prevent your digestive system from expelling these bacteria (diarrhoea). You do this with proton blockers, bile acid sequestrants, and by not eating fats, acids, or any other foods that cause diarrhoea. You will also need to practise a Relaxation Therapy and avoid activities (such as excessive exercise) that stress your body and cause diarrhoea.

- 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 (don’t eat the skins). Do not eat cooked fresh fruit (sour), instead eat cooked dried fruits (dates, raisins, figs etc.).
  - Do not eat vinegar, fermented foods and sour spices (tamarind) etc. Alcohol can provide the sour taste instead. Drink cautiously. Cold white wines in summer. Hot toddies, fortified wines, liqueurs & diluted spirits in winter.

- **Dairy;** do not eat dairy foods, except for fat free milk (drunk hot in cold weather), and massage with clarified butter.
• **Low fat soy milk & soy protein powder;** Low fat soy milk is drunk cold in summer to cool you. Drink it hot & possibly spiced in winter.

• **Acid-free enzymes;** get these from fresh ginger (zingibain), or buy fruit enzyme capsules from your health food shop (actinidin, papain, and betaine). These enzymes work in acid conditions.

• **Starch;** eat corn, popcorn (only cereals allowed), buckwheat, quinoa, amaranth, & wild rice. These seeds contain starch (sugars) & minerals.

• **Micro-greens;** supply many minerals.

• **Invert sugars;** eat dextrose, maple syrup, imitation maple syrup, & honey.

• Eat as little fat as possible; instead you need to apply essential polyunsaturated fats (PUFAS) to your skin. Warm oils are for winter and cool ones are for summer. If your oil does not feel right try a different one. You will need to change oils with the seasons. Massage your whole body liberally as often as you can. The oil should soak in quickly and disappear. See the [Simple Keto Diet](https://www.ibsexplained.com/) for more info on fats & oils.
  - **Omega3 oils;** walnut (warm), perilla (cool), hemp (cool), flaxseed (neutral).
  - **Omega6 oils;** sesame (neutral), almond/apricot (warm), hemp (cool). \( GLA = \text{gamma linolenic acid} \) is found in blackcurrant, borage, hemp, and evening primrose oils.
  - **PUFAS from animals;** cold processed clarified butter (neutral) see [Keto Diet](https://www.ibsexplained.com/).

• Learn how to use the Coin Oracle (see [Keto Diet](https://www.ibsexplained.com/)). 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. Use the Coin Oracle to find out which ones to use.

• Eat supplements (see [Keto Diet](https://www.ibsexplained.com/)).

• These are suggestions based on limited experience. Allow the Coin Oracle and your body to fine tune them for your unique digestive system.
Relaxation Therapies for IBS

Combining a Relaxation Therapy with your anti-IBS Diet reduces symptoms more effectively than diet alone. To explain why, first we need to define stress and relaxation;

- **What is stress?** This state occurs when your body releases high levels of adrenal hormones. These hormones trigger your autonomic nervous system to work at a high level of activity, and your body prepares herself for ‘fight or flight’. This should only happen in emergencies, but most modern humans operate like this all day because their diet and lifestyle habits continually alarm their bodies. When stress continues after bedtime, insomnia results.

- **What is relaxation?** This state happens when your body releases low levels of adrenal hormones. The autonomic nervous system now operates at a low level of activity, and your body is relaxed. If your diet and lifestyle are correct then you will be relaxed all day except when a ‘real’ emergency occurs. At bedtime you will quickly go to sleep, and sleep soundly.

Now as most modern humans operate in an alarmed state all day, they become permanently stressed. Even if they correct their diet and lifestyle habits, they remain stressed. The state of stress itself has become a habit. In order to remove this habit, the body must be trained to go back to its natural state of relaxation. This is what Relaxation Therapy does. It teaches the body to return to a relaxed condition. If the therapy is practised regularly for 3 months, relaxation will become the dominant habit again. If the therapy is stopped then stress will slowly re-establish itself as the dominant habit.

If the diet and lifestyle at the core of the problem are also corrected, then after 10-12 years or so of practice, the state of relaxation will become permanent, and the therapy can be stopped.

- The correct diet for a human is a Keto Diet. You will find full details about keto eating at [https://www.ibsexplained.com](https://www.ibsexplained.com)

- The correct lifestyle is a simple one, wearing the ‘right’ clothes, living in the ‘right’ place, with the ‘right’ people, following the path of the heart (your karma).
Irritable Bowel Syndrome & Stress; five divisions of the autonomic nervous system (four brain controllers and the enteric nervous system) control the small intestine. Disorders of these divisions cause IBS. This means that when the activity level of the autonomic nervous system is high (stressed), IBS symptoms are worse. When the activity level is low (relaxed), symptoms are minimal or even absent;

- **Barrier symptoms** (bloating, cramping); are at a maximum on eating breakfast and when a stressful event occurs during the day. They usually disappear overnight.

- **Diarrhoea symptoms**; mostly occur as 'the morning rush' soon after arising. They also happen at other times of the day when a stressful event occurs. Overnight they usually stop, but if IBS is severe then diarrhoea can happen at any time, day or night.

When we get up in the morning our bodies release adrenal hormones to rapidly start up our automatic systems. During the day, when we come under stress, adrenal hormones are again released. At night when we go to sleep, adrenal hormones fall to a baseline level.

- A high level of adrenal hormones (stressed state) means that the brain uses **more force** when creating the IBS barrier (bloating, cramping). The enteric nervous system uses **more force** to move food soup (cramping, borborygmii, diarrhoea), and the ileocecal valve at the end of the small intestine is easy to open (diarrhoea).

- A low level of adrenal hormones (relaxed state) means that the brain uses **minimum force**, and the IBS Barrier is weaker or even absent. The enteric nervous system uses **less force** to move food soup, and the ileocecal valve becomes more firmly closed.

Most of us ignore the workings of our autonomic nervous system. It is after all an automated system, designed to need no conscious control. BUT we can exercise some control over it! We can reduce the level of adrenal hormones in our bodies by training ourselves to RELAX and release less. This minimises our IBS symptoms.

Relaxation (or stress relief) Therapies come in many forms; Chi Gong, Hypnotherapy, Psychotherapy, Reiki, Tai Chi, Yoga, & others can deliver them. The one I know and use with success; is from Yoga.
Yoga Relaxation (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 digital recording that you can use at home.

Ashram Yoga supplies digital recordings for download. I recommend; Yoga Nidra Healing Relaxation
https://www.ashramyoga.com/shop/yoga-nidra-shop

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 as 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. A session takes 20 to 45 minutes. If you find yourself going to sleep then hold one forearm (or both) erect during the practice with an object grasped in the hand, or even sit up against the wall.

At first you will need to practise Yoga Nidra daily, and it can be done at any time. After three months or so you will be able to reduce the frequency to three times a week, and your adrenal hormones, stress, and IBS symptoms will be at minimum levels. If you stop practising, then stress will gradually return. However, if you eat a Keto Diet and change the lifestyle habits that cause stress, then after many years of practice (approximately 10 to 12), all stress will be gone forever, and you will not need to do Yoga Relaxation anymore.
In a nutshell

1. Learn to relax. Practise Yoga Relaxation (Yoga Nidra) or another Relaxation Therapy.
2. DO NOT eat cereals and legumes (exceptions soy sauce, soy milk, tofu).
3. Avoid starchy seeds & vegetables, and inulin from vegetables.
4. Do not eat processed foods containing gluten or food additives E1400 to E1451.
5. Do not eat peanuts, hemp protein powder, or oil seeds apart from sunflower.
6. Eat some cooked animal protein (meat, seafood, egg yolk) OR a fresh dairy food with each meal. Restrict dairy foods to one meal a day and drink plenty of liquids with them because of their high Calcium content.
7. Eat a protease enzyme supplement daily when eating cooked protein foods.
8. 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 (dill pickles) in winter.
9. Eat non-starchy vegetables; raw (summer); cooked and fermented (winter).
10. Eat a regular Vitamin D supplement if the sun disappears and Vitamin C & B supplements as necessary.
11. Eat a mineral snack several times a week (aged &/or fermented cheeses, raw micro-greens). Eat iodine (iodized salt, dried kelp) and fluoride if necessary.
12. Eat plenty of ginger and ginger foods.
13. Eat seasonal food & drink. Warm cooked food in winter featuring the sweet, sour & salty tastes (hot fruit teas, soup, 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). In spring & autumn choose food based on the weather.
14. Temperature; avoid food that is too cold, and food that is too hot.

15. If hallucinations occur; and you have a fast digestion, then lack of cholesterol is likely to be the problem. Immediately eat raw egg yolks. Other causes of hallucinations are; too much cholesterol (stop eating raw egg yolks), not enough sugar, and lack of PUFAs (polyunsaturated fats) from animal fat. Animal PUFAs are found in; butter from grass-fed cows, free range raw egg yolks, fish oil capsules, raw oily fish, and raw salmon belly. Do not heat these foods as the PUFAs will be destroyed.

Citation

This inspiration for this diet started with a book IBS Low Starch Diet written by Carol Sinclair, a fellow New Zealander, and published by Random House UK. Her diet controls IBS very well.

Questions?

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