

The Easy anti-IBS Diet

This diet is specially 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

Two principal factors trigger your IBS symptoms;

1. *Stress*; releases the adrenal hormones that cause the autonomic nervous system (ANS) to operate at 'high' levels. Because IBS is usually caused by malfunction(s) 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).
2. *Fibre*; the insoluble fibre from 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 be controlled by eating these foods;
3. *Cooked animal foods*; cooked meats, fish, and egg yolks, contain Heterocyclic amines (HCAs). These compounds are created (in most animal proteins) by heating above 40 degrees Centigrade. They slow down the small intestine (when cereals & whole legumes are not eaten), but have some side effects. Your protease enzymes stop working, constipation occurs, skin problems occur (acne etc.), and your nervous system may be affected. The first two effects can be overcome by eating protease enzymes.
 - i. *Enzymes & Constipation*; some foods contain protease enzymes that can digest cooked protein foods for you, and prevent the constipation caused by HCAs. You can also buy these enzymes as supplements.
 - ii. *Skin & Nervous system*; you will be experiencing these effects already if you are eating cooked animal proteins. However if they become unacceptable, then you can stop them by eating a [Keto Diet](#) instead.
4. *Dairy proteins*; these contain opioid peptides that can help to slow the small intestine (when cereals & whole legumes are absent). However, fermented and salted dairy foods (sour and salty) may speed it up, so eat fresh, unsalted & unfermented dairy foods to slow it down. Side effects may be constipation (not stopped by eating protease enzymes), excess mucous, and depression. To overcome these effects; reduce or stop eating dairy proteins and instead eat cooked animal foods, or eat a lacto-fruitarian [Keto Diet](#).

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 and find out when research updates occur.
3. *Practise a Relaxation Therapy* (see later); this will start reducing symptoms 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.
4. *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).
5. *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 ANS usually relaxes later in the day, and then you can eat this diet without problems. Have a 1-2 hour siesta in the afternoon. Do not sleep, just rest. 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 & fermented cheeses (from grass-fed animals), or micro-greens from oil seeds. Also put iodized salt on your food and eat a fluorine supplement (if necessary). See the section 'Micro-minerals'.

8. *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 lost bile before the next meal, so the liver then demands that the rest of the body supply it with cholesterol to make more. The brain contains large amounts of cholesterol and must release some when the liver requires it. 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 at least two hours after eating the yolks. A base-line dose of 1-2 raw egg yolks eaten ~15 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. Hallucinations may also be caused by the brain running out of glucose. This can be fixed by eating a spoonful of honey or invert sugar syrup.
9. *Irritation around the anus*; this is caused by protease enzymes that are not removed & recycled by the small intestine. The enzymes end up in the colon and then leak out of the anus. They 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 enzyme leakage into the colon.
 - c. Eat a minimum of 1 level dessertspoon dry ginger powder per meal, as teas, in soups, and as 'ginger bombs'. DO NOT eat hot spices such as chilli and cayenne.
 - d. Drink bitter teas for breakfast and in the evening (green, black, lemon grass etc.). Possibly add spices (chai) in wet weather. Do not drink them in the afternoon or before bedtime. Too much bitter taste will cause insomnia with cold feet.

IBS recovery diet

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

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

Eat only;

- *Warm fruit drinks, 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.
- *Supplements*; Vitamin C (min.100g/day), and a small B vitamin complex daily. Eat Vitamin D when your skin does not see the sun.
- *Micro-minerals*; eat ~50g aged & fermented cheese daily from grass-fed cows (e.g. NZ Mainland Vintage Cheddar, made from grass-fed cows, & aged 2 years).
- *Ginger bomb*; one small bomb made with 3 teaspoons dry ginger mixed with honey, and/or clarified butter, daily.
- *Mayonnaise*; this food supplies protein, cholesterol, essential fats & vitamin E. Eat a minimum of four raw egg yolks per day and stir in a minimum of 25g of an oil rich in Vitamin E, Omega 3 and Omega 6. Add the oil a teaspoonful at a time and stir until smooth & shiny. You may add salt & raw garlic just before eating. Suitable oils are soybean, canola, flaxseed, and hempseed.
- *Fish oil*; get 1000mg fish oil capsules from your supermarket or health food supplier and take 5 each day.
- *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.

Foods you can eat

Meats, fish, & egg yolks	Veggies (inulin & starch free)
Dairy foods	Pickled fruits & vegetables
Coconut milk & cream	Vitamins
Fats, oils & mayonnaise	Micro-greens
Nuts & oil seeds	Iodized salt
Protease enzyme fruits	Honey, sugars & sweets
Protease enzyme supplements	Ginger
Fruits, fungi, fruit teas & juices	Spices, herbs, & vinegars
Drinks	Alcohol

- *Egg yolks, fish & meat*; eat a cooked serving 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 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 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 together with cooked eggs, fish & meat. If dairy causes problems then reduce it, or do not eat it, or eat a lacto-fruitarian [Keto Diet](#).
- *Coconut milk & cream*; are super sweet and cooling in summer. Warm them up in winter in soups & curries.
- *Fats, oils & mayonnaise*; make sure fats are emulsified before eating (mayo, butter, cream, coconut milk/cream, avocados, chocolate, egg yolks etc.). Difficulties? see 'Pancreas Problems'.
- *Nuts & oil seeds*; you may eat nut & seed butters, but **DO NOT** eat peanuts or peanut butter (these may have 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, 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).

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- *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, or cooked. Field mushrooms (flats) are OK, but do not eat button mushrooms, as these are unripe.
- *Drinks*; water, milk, lassi, soft drinks, fruit drinks, fruit teas, herb teas, ginger teas, spiced teas, chocolate, coffees. Drink bitter teas for breakfast and in the evening, at the end of a meal. Do not drink them in the afternoon and drink one cup at a time. Only drink more if the tea still tastes delicious. In winter eat non-bitter drinks; fruit, liquorice, peppermint, ginseng & ginger teas etc.
- *Vegetables without inulin & starch*; eat them raw in summer, but cooked and/or fermented in winter.
- *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 sour & salty foods in winter, raw. 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 plants are a good source of essential micro-minerals (see later).
- *Iodized salt*; iodine is an essential micro-mineral.
- *Honey, sugars & sweets*; eat up to 100g sugars daily, more may be eaten in cold winters. It is not an essential food and you may stop eating it. Then your body will burn fat for ALL its energy needs.
- *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

Starch & Inulin	Peanuts
Vegetables with starch & inulin	Hemp protein powder
Cereals	Gluten
Legumes	Processed foods
	Other people's food

3. *Starch & Inulin*; cannot be digested by humans. They are digested in the colon by bacteria that turn them into glucose. This overloads your body with sugar, which in some people leads to type II diabetes. Auto-immune diseases are also triggered by the bacteria (Ankylosing spondylitis (AS), type I diabetes etc.).
4. *Vegetables containing starch & inulin*; including potato, sweet potato, cauliflower, onion, yam, cassava, taro, sago, Jerusalem artichoke, parsnip, buckwheat, amaranth, quinoa, wild rice etc.
5. *Cereals*; these must not be eaten. They contain starch and the fibre (bran) will cause IBS symptoms. You may eat cereal oils, and sugars & alcohol made from cereal starch.
6. *Legumes*; foods containing beans, peas, & lentils, must not be eaten. The outer coat of legumes contains a type of insoluble fibre that triggers IBS symptoms, and the rest (dahls) is largely starch.
7. *Peanuts*; these do not directly cause IBS symptoms but they can have toxic effects. It is best to avoid them.
8. *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. You may eat the oil however.
9. *Gluten*; ban this cereal protein. It will cause your digestion to seize up when cereals & whole legumes are not eaten.
10. *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.
11. *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.

Micro-minerals

Depression, poor performance, skin lesions, finger & toenail faults, 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, with finger & toenail defects, or with skin lesions (especially on the lower legs), then you will be deficient in micro-minerals. The micro-minerals are; boron, bromine, calcium, cobalt, copper, fluorine, iodine, iron, magnesium, manganese, molybdenum, phosphorous, selenium, vanadium, & zinc.

1. Do not eat micro-mineral foods together with cooked foods. Eat them with raw food or between cooked meals.
2. Cheese; eat fermented & aged cheeses from grass-fed cows. Examples; *NZ Mainland Vintage Cheddar* (2 years old).
3. Micro-greens; eat some fresh raw micro-greens (see later). These supply all micro-minerals except iodine & fluorine, but you may need to eat cheese as well.
4. IODINE; eat an iodine supplement daily; iodized salt, or dried kelp.
5. FLUORINE; if your water supply does not contain enough fluoride (your teeth are soft) then a fluoride supplement is advisable.
6. 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

I have tested many types of seeds and oil-seed sprouts are the best micro-mineral supplements. Make your micro-greens from flaxseed (linseed/linen seed), chia seed, niger seed, black & brown sesame seed. Brassicas (canola, mustard, cabbage, etc.) are not as good. I have not been able to test hempseed. There may be other oilseeds available in your area that will be suitable. Micro-greens contain all micro-minerals except iodine & fluorine but you may struggle to get enough micro-minerals from them. Best to eat some cheese as well.

Flaxseeds and chia seeds produce protective mucilage when sprouted, and can be grown on paper towels in a flat-bottomed container. Sesame, brassicas, & niger seeds do not produce mucilage and need a container with a perforated bottom. There are excellent instructions for growing micro-greens on the WWW.

Protease enzymes

Enzymes are found in special fruits, green ginger, and fermented foods. They prevent constipation caused by cooked animal proteins. The enzymes are destroyed when heated over 40 degrees Centigrade, so they need to be eaten raw.

1. *Enzymes from ripe, raw fruits*; pineapple, kiwifruit, papaya, pawpaw, 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. One modest serving each day is enough.
2. *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.
3. *Store bought enzymes*; get enzyme pills from your health food supplier, chemist, drug store, or body building shop. Examples; actinidin (kiwifruit enzyme 'Phloe'), betaine (pineapple enzyme), & papain (papaya enzyme).
4. *Enzymes from fermented fruits*; cucumbers (dill pickles), peppers, and similar fruits, naturally fermented with salt.
5. *Enzymes from green ginger*; see 'zingibain' in the Ginger section.
6. *Enzymes from fermented milk*; ferment with Kefir grains.
7. *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 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 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 can stimulate the release of digestive chemicals into the duodenum. The enzyme 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.
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. Include clarified butter if desired.
 - 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, *dipili* 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 & oil seed butters.
4. Antipasto; olives, capers, gherkins, avocado, anchovies, cold meats etc.
5. Cheese & pickles.
6. Yoghurt & fruit.
7. Cooked meat or fish; with pickles, mayo, avocado.
8. Raw egg yolks (cholesterol supplement).
9. Fruit teas, herb teas, coffees & cocoa; optionally with dairy, coconut milk, spices, sugars and honey.
10. Sweets, gluten free.
11. Chocolate, gluten free.
12. Snack bars, starch & gluten free (e.g. Mars bar, Nougat bar).
13. Micro-mineral & protein snacks; micro-greens, aged/fermented cheese, raw oily fish (sashimi) with shobu, wasabi & pickled ginger.
14. Ginger bombs and ginger drinks.

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.
- *Salads*; micro-greens, fruits, avocado, allowed 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. Avoid starch thickeners!
- *Cheeses*; with fruits, nuts, vegetables, pickles, avocado, olives, salami, and wine. Avoid processed cheeses. Best cheeses are sourced from grass-fed animals and aged &/or fermented.

- *Eggs*; custard, omelettes, Benedict, boiled, fried, bacon & eggs.
- *Quiche*; make without a shell, or use blanched cabbage leaves for the shell. Fill with mushrooms, avocado, bacon, and peppers etc.
- *Seafood*; avoid processed crab sticks (surimi etc.) as these are 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*; 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 emulsified fats.
- 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.
- 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 and absorb bile. 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 select the correct foods.
 - i. *In Winter*; eat well-cooked hydrated hot food (soups, roasts, casseroles) with hot toddies, vitamin supplements, featuring the tastes of sweet, sour & salty.
 - 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.
 - iii. *In humid weather*; add the pungent & astringent tastes to your food (ginger, black pepper, curry, dried foods etc.).
 - 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. 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 daily.
- c. Dairy foods may cause constipation. Remedy is to reduce 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 micro-mineral deficiency can cause depression. It will disappear quickly after you eat 50g aged &/or fermented cheese. Eat it as a snack alone, or with raw foods.

Pancreas problems

If IBS began after a toxic insult to the small intestine (e.g. 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, 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](#) 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 the Easy anti-IBS 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 need starch and/or cooked proteins to eat. At the same time you must prevent your digestive system 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 like 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.
 - 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 & spirits in winter.
- *Dairy*; do not eat dairy foods, except for fat free milk. Drink it hot in cold weather.
- Eat 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).
- *Starch & Micro-minerals*; eat corn, popcorn, buckwheat, quinoa, amaranth, and micro-greens.
- *Eat invert sugars*; dextrose, maple syrup, imitation maple syrup, & honey. Eat about 100g of invert sugars daily.

- 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 at least once daily. The oil should soak in quickly and disappear. See the [Simple Keto Diet](#) for more info on fats & oils.
 - *Omega3 oils*; walnut (warm), hemp (cool), flaxseed (neutral).
 - *Omega6 oils*; sesame (cool), almond/apricot (warm), hemp (cool). *GLA = gamma linolenic acid* in blackcurrant, borage, hemp, evening primrose oils and durian fruits.
 - *PUFAS from animals*; cold processed clarified butter (neutral | [Simple Keto Diet](#)).
- 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. 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 reduce IBS symptoms that are triggered and intensified by stress, you need to practise a Relaxation Therapy. These come in many forms; Chi Gong, Hypnotherapy, Psychotherapy, Reiki, Tai Chi, Yoga, & many others. I find Yoga very effective.

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 CD/mp3 that you can use at home.

15. [Ashram Yoga](#) supplies .mp3 files for download. I recommend; *Yoga Nidra Healing Relaxation*.
16. Sometime in 2022 I will make available a Yoga Relaxation designed for IBS. Probably I will put this on Facebook.

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. A 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 often at first and it can be practised at any time of the day.

After three months 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 often (or other Relaxation Therapy).
2. Do not eat starch from cereals, legumes (exceptions soy sauce, soy milk), starchy seeds, vegetables, and avoid inulin from vegetables.
3. Do not eat processed foods containing gluten or food additives E1400 to E1451.
4. Do not eat peanuts, or hemp protein powder.
5. Eat some cooked animal protein (meat, seafood, egg yolk, but not egg white) OR a fresh dairy food with each meal.
6. Eat a protease enzyme supplement when eating cooked protein foods.
7. 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.
8. Eat non-starchy vegetables; raw (summer); cooked and fermented (winter).
9. Eat a regular Vitamin D supplement if the sun disappears and Vitamin C & B supplements as necessary.
10. Eat a micro-mineral snack several times a week (aged &/or fermented cheeses, raw micro-greens). Eat iodine (iodized salt, dried kelp) and fluorine (if necessary).
11. 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).
12. Temperature; avoid food that is too cold, and food that is too hot.
13. Eat plenty of ginger and ginger foods.

14. If hallucinations occur;

- a. If you have a fast digestion then lack of cholesterol is likely to be the problem. Immediately eat four raw egg yolks alone, and wait two hours before eating anything else. If the hallucinations are severe, increase the number of raw egg yolks that you eat. Eat 1-2 egg yolks before a meal as a preventative measure. If hallucinations occur after you have eaten raw egg yolks then stop eating them for a day or two.
- b. If your digestion is slow then it is possible that you need to eat some sugar instead. Eat some honey or invert sugar syrup. If the problem is not resolved quickly, then eat some raw egg yolks.

15. Eat small amounts of fruit & vegetable fibre, so that the volume of your digestion stays small.

16. Questions? Join the Facebook Group '[IBS Explained](#)'.