

The Easy Anti-IBS Diet

This diet is designed ONLY to treat IBS and Pancreas disorders. If you have another illness you need to eat a '[Palaeo](#)' diet.

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How this diet works

These two principal factors trigger your IBS symptoms;

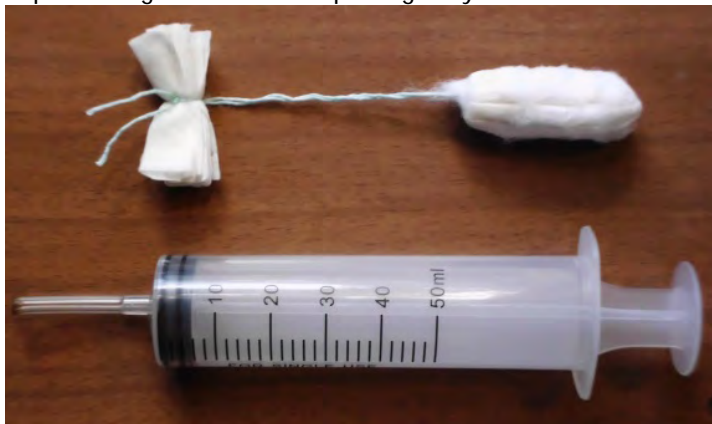
1. *Stress*; releases adrenal hormones that cause the autonomic nervous system to operate at 'high' levels. Now IBS is caused by malfunction(s) in the autonomic nervous system, so stress triggers and intensifies IBS symptoms. The effects of stress can be slowly reduced over a period of months, by the daily practice of a [Relaxation Therapy](#).
2. *Fibre*; insoluble fibre from most cereals (bran), the outer coats of legumes, and hemp protein powder, causes IBS symptoms by speeding up defective parts of the small intestine. When you stop eating this fibre, the speed of the small intestine can be controlled with the assistance of 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 side effects can be overcome by eating replacement protease enzymes.
 - b. *Protease enzyme foods & supplements*; some foods contain protease enzymes that can digest cooked protein foods, and prevent the constipation caused by HCAs (details later).
 - c. *Dairy proteins*; 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 relieved by eating protease enzyme foods), excess mucous and depression. To overcome these effects; stop eating dairy and instead eat cooked meat/fish/eggs, OR try substituting coconut milk & cream for dairy.
 - d. *Nervous system*; if the effects on your nervous system are unacceptable, then switch to a [Palaeo Diet](#).

Before you begin

1. Download [IBS Explained](#) (2MB pdf), and educate yourself.
2. Join the group 'IBS Explained' on [Facebook](#) so you can ask me questions, or email brian.c.dobson@facebook.com if you cannot access Facebook.
3. Practise a [Relaxation Therapy](#); this will start reducing symptoms caused by stress. Begin as soon as you can. It takes a few months of 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; you may already have constipation. To relieve it;
 - 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. You need to begin by immediately eating raw liver, raw red meat, flax & chia seed sprouts, and chelated multi-mineral supplements. Also put iodized salt on your food and eat a fluorine supplement.
8. *Hallucinations* (visual disturbances); are 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). 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 is sent to the liver, hallucinations are caused. When they start, immediately eat four raw egg yolks (supplying about 2g of cholesterol). 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 1-3 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 that leak from the small intestine (IBS-D & IBS-A), into the colon. 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 much plant fibre. This minimizes; the number of bowel movements and the amount of enzymes discharged into the colon.
 - b. Stop eating dairy proteins & mushrooms. These foods create mucous that aggravates the enzyme leakage. Substitute coconut milk for dairy.
 - c. Balance the hydrating (sweet, sour & salty), and dehydrating (pungent, bitter & astringent) tastes in your meals. When you manage this your BMs will be like ripe bananas that come out without strain. If they are hard like rocks, you are eating too much dehydrating food or too little hydrating food. If they are slow, soft & in many pieces, then you are eating too much hydrating food or too little dehydrating food. 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.

- f. *Tampon Suppository*; reduce enzyme leakage with this simple device. You need; a 50mL plastic syringe attached to 3-4cm of tubing with a heat polished end, plain tampons, aloe vera gel, green tea, & baby wipes. Tie a half hitch a bit more than halfway down the string of a tampon (from the tampon body). Then cut off the factory knot and tie on a pleated strip of baby wipe. Roughen the tampon gently with a knife blade.



Make a cup of double strength green tea and cool. Use half the tea to make a cup of warm regular strength tea (300mL), and then wash the rectum with two 150mL enemas of this warm tea. Wash the anal area thoroughly with cool green tea or water. Lubricate the anus with a little aloe vera gel and insert these into the rectum; 10mL of double strength tea, the tampon, then 20mL more double strength tea. Apply more gel to the baby wipe & anus. Every 12 hours insert 10mL more double strength tea, and apply more gel.

Notes: green tea enemas remove mucous that contains enzymes. The tampon blocks mucous/enzymes exiting the anus. The colon is a dry environment so the tampon must be hydrated to make it swell up and block the rectum. Making it fuzzy creates a better seal and helps prevent dehydration of the tampon. Irritation should disappear within 6-12 hours. When it returns, repeat the procedure inserting a new tampon. The pleated baby wipe is an anchor to stop the tampon moving up the colon and it forms a reservoir of aloe vera gel to keep the anus hydrated. If the tampon goes too far up and causes pain, move it back down by pulling the string towards the front of the body. Insertion takes about 20 minutes when perfected.

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;

Eat only;

1. Warm fruit drinks & teas; 50mL white wine plus hot water, 100mL fruit juice plus hot water, fruit tea bag plus hot water.
2. Warm non-bitter herb teas; ginger, liquorice, fennel, aniseed, red bush/rooibos, chamomile, peppermint, ginseng.
3. Sugars; about 150g per day of honey, raw sugar, palm sugar, maple syrup etc.
4. Vitamin C supplement and a B vitamin complex.
5. Raw liver (from grass fed animals), 25g per day maximum, or one chelated multi-mineral capsule. You may eat the liver with a little soy sauce to improve its flavour.
6. Raw egg yolks; four or more per day (see Hallucinations page 8).

This food will replenish your digestive chemicals, and ready your digestion for a Palaeo meal.

NB!

- DO NOT eat any bitter taste (bitter herb teas, bitter beer, red wine, red grape juice, egg white, coffee, cocoa, chocolate etc.).
- DO NOT eat any dehydrated foods (dried fruit, dried meat etc.)
- DO NOT drink alcohol.

Foods you can eat

Meats, seafood & eggs
Dairy foods
Coconut milk & cream
Nuts & oil seeds
Tofu, soy milk & soy sauce
Fats & oils
Fruits, fungi, fruit teas & juices
Protease enzyme fruits
Protease enzyme supplements
Non-starchy cooked vegetables
Pickled fruits & vegetables

Drinks
Vitamins
Flax & chia seed sprouts
Raw liver & raw red meat
Iodized salt
Honey, sugars & sweets
Ginger
Spices, herbs, & vinegars
Alcohol

- *Eggs, 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. Eat raw red meat & raw liver for micro-minerals (see later).
- *Dairy foods*; eat a serving of fresh, unsalted dairy (milk, cream, Greek yoghurt, cream cheese & ricotta cheese) in a meal 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 any problems (mucous, depression), reduce it, substitute coconut milk & cream, or eat cooked meat, fish and eggs instead.
- *Coconut milk & cream*; are super sweet and cooling. They may help to slow the small intestine. Warm them up in winter. Eat instead of dairy.
- *Nuts & oil seeds*; avoid shelled nuts that are stale & oxidized. You may also eat nut & seed butters, BUT do NOT eat peanuts or peanut butter (toxic proteins), and do NOT eat hemp protein powder (it causes IBS symptoms). You may eat peanut & hemp oils though.
- *Tofu, soy milk & soy sauce*; these are OK, but do NOT eat tempeh, miso, or other processed whole legume products.
- *Fats & oils*; if you have difficulty digesting these make sure they are emulsified (mayo, butter, cream, coconut milk/cream, avocados, chocolate, egg yolks). If you still have difficulties see the section 'Pancreas Problems'. Eat a daily serving of 2-3g of ALA (alpha-linolenic acid | Omega3), and 1g GLA (gamma-linolenic acid) oils. For example eat daily 1 dessertspoon flaxseed oil (ALA) and 2 dessertspoons of evening primrose oil (GLA). You may eat most oils & fats, BUT avoid extra-virgin olive & coconut oils.
- *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. There may be other suitable local fruits available where you are. These will be fruits used to tenderize meat. Pineapple works very well. 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 HCAs.
- *Protease enzyme supplements*; 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) | OR make your own from Green Ginger (*zingibain* in 'Ginger' section), fruit enzymes and fermented vegetables (see section 'Homemade protease enzyme supplements'). DO NOT use animal enzymes, they will not work.
- *Drinks*; water, milk, lassi, soft drinks, fruit drinks, fruit teas, herb teas, ginger teas, spiced teas, chocolate, coffees. Minimize bitter drinks (bitter herb teas, coffee, chocolate); drink them in hot & humid weather in small amounts. In winter drink fruit, liquorice, peppermint, ginseng & ginger teas with honey.
- *Non-starchy vegetables*; eat these cooked OR raw & fermented as a vitamin and protease enzyme supplement. DO NOT eat fresh raw veggies, except for veggie juices.
- *Fermented fruits & vegetables*; sauerkraut & kimchi supply valuable protease enzymes, vitamins C, B, H, K and fruit acid (lactic acid). Avoid kimchi with lots of hot spices (hot red peppers) in it. This may cause the small intestine to go too fast OR become dry & constipated. Eat small amounts of these sour veggies mostly in winter. Eat them raw to utilize their vitamin C, B and enzyme content. Also dill pickles & fermented peppers 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.
- *Flax or chia seed sprouts*; these fresh raw seed sprouts are a good source of essential micro-minerals. Eat them alone as a snack.
- *Raw liver*; a maximum 25g serving daily may be eaten as a micro-mineral supplement. Eat this alone as a snack. Three servings a week supplies all micro-minerals except for iodine & fluorine.
- *Iodized salt*; iodine is an essential micro-mineral that needs supplementation. Eat a minimum of 0.5g daily.

- *Honey, sugars & sweets*; eat up to 250g sugars daily.
- *Ginger*; this spice is a digestive system tonic (see later).
- *Herbs, spices, & vinegars*;
- *Alcohol*; Drink small amounts only, and avoid the bitter taste (red wine & some beers). Best warmed up as fruit toddies, and warm stouts.

Foods to avoid

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

- *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 use a little cornflour for thickening purposes. You may 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.
- *Peanuts*; these do not directly cause IBS symptoms but the proteins in them are toxic. It is best to avoid them. You may eat peanut oil instead.
- *Hemp protein powder*; Hemp seeds (oil 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.
- *Gluten*; ban this cereal protein from your diet. It will cause your digestion to seize up. It is often found in processed foods and other people's foods!
- *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 unwelcome bacteria in your colon. You may eat a little vegetable starch as a thickener. Corn, potato, buckwheat, tapioca, & sago are OK.

- *Fresh raw vegetables*; do not eat these as they may trigger IBS, but you may eat small quantities of fermented raw vegetables, and veggie juices.
- *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.

Essential micro-minerals

Depression, 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, and off colour, you may be deficient in micro-minerals.

1. The micro-minerals are; boron, bromine, calcium, cobalt, copper, fluorine, iodine, iron, magnesium, manganese, molybdenum, phosphorous, selenium, vanadium & zinc.
2. Raw Liver; eat 25g of chopped raw liver alone with no other food 3 times a week. Do not eat more than 25g per day. Liver supplies all micro-minerals except iodine & fluorine.
3. Eat some fresh raw flax or chia seed sprouts alone as a snack. Sprouts supply all micro-minerals except iron, iodine & fluorine.
4. IRON; eat 75g of raw liver weekly or 250g raw red meat weekly. Fresh & frozen raw red meats are acceptable as iron supplements, but cooked meat is not.
5. IODINE; eat an iodine supplement daily; iodized salt, or dried kelp powder. Eat a minimum daily serving of 0.5g iodized salt.
6. FLUORINE; if your water supply is not fluoridated then buy fluoride tablets from your dentist or pharmacist, dissolve 1-3 in a litre of water, and drink 100mL of this solution daily.
7. Chelated Multi-mineral Supplements; from your health food supplier. Eat a maximum of one per day and a maximum of two per week, when travelling, or when raw liver & seed sprouts are not available. DO NOT eat these when you have raw liver & sprouts available.

Seed sprouts

I tested many types of seed sprouts but only two were effective trace mineral supplements. These were flaxseeds (linseeds) and chia seeds. Iron, iodine & fluorine are not present in these seed sprouts, so you need to eat other foods to obtain these (see previous section).

Flaxseeds; you will need organic flaxseeds, and natural water. Get a flat bottomed plastic container with a lid. Make some holes in the lid with a hot metal chopstick (or similar). Put layers of paper towel in the bottom. Wet the towel and remove any excess water. Spread 1-2 teaspoons washed organic flaxseeds on the towel (DO NOT soak the seeds). Put the lid on and leave in a dark cupboard. Check daily and add water when necessary. When the sprouts start to show yellow leaves, take the lid off and place in the sunlight. Keep damp at all times. When the leaves are bright green and the seed cases are gone, cut them off with scissors and eat. You may store them in the fridge if necessary. Eat the sprouts from a teaspoon of flaxseeds every week. The sprouting process takes about 7-10 days when the temperature is above 20C. Below 10C they will not grow.



Flaxseeds on damp paper towel.



Flax sprouts starting and ready to eat.

Chia seeds; you will need organic chia seeds, and natural water. Get a flat bottomed plastic container with a lid. Make some holes in the lid with a hot metal chopstick (or similar). Put several layers of paper towel in the bottom. Wet the towel and remove any excess water. Sprinkle chia seeds in a single layer on the towel. Put the lid on and leave in a dark cupboard. Check daily and when yellow leaves appear, take the lid off and place in the sunlight on a windowsill. Keep damp at all times.

When the leaves are bright green and well grown, cut them off with scissors and eat. You may store your sprouts in the fridge if necessary. Eat the sprouts from a teaspoon of chia seeds every week. The process takes about 7-10 days when the temperature is above 20C. Below 10C they will not grow.



*Chia seeds;
pepper & salt on damp paper towel.*



Chia seed sprouts ready to eat.

Trouble sprouting?

- A fungus grows in your sprouts;
 - Before starting, wash your seeds thoroughly in a sieve.
 - Remove excess water from the paper towel, and ensure sprouting seeds are well ventilated and not stored in a hot, humid place.
- Seeds are very sticky and many have not germinated;
 - Are your seeds organic?
 - Are your seeds fresh? Old seeds may not germinate.
 - Did you use natural untreated water?
 - Do NOT soak the seeds and do not have excess water present.
- Sprouts are stunted, and uneven;
 - Wait until yellow leaves are showing before putting in the light.
 - Do not use too many seeds. Over-crowding causes uneven germination. Start with small gaps visible between seeds.

Homemade protease enzyme supplements

These are made by slowly fermenting fruits & fruit juices, mixed with sugar or honey, OR by fermenting fruits & vegetables with lactic acid bacteria. The enzymes are made by bacteria. Enzymes from fruits & juices can be eaten in all weathers, spicy kimchi is eaten in cool & humid weather, and sauerkraut is for cold & dry weather.

- *Enzymes from 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. Put on a loose fitting lid and store in a dim cupboard for 1-3 months. Remove & discard the fruit solids, then store the fruit enzyme liquid in a bottle. It does not need refrigeration, just leave the top loose. Eat a dessertspoonful or more with meals.
- *Enzymes from fruit juices*; you can make these from pasteurized juices but fresh squeezed is better. Use three parts juice, to one part raw sugar, or 1.2 parts honey. 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. Eat a dessertspoonful with meals.
- *Enzymes from kimchi*; eat a serving raw with meals, in cool & wet weather. The red pepper in many types of kimchi may help to slow the digestion, but too much can speed it up. Avoid kimchi if you have problems. You may cook kimchi in dishes like jiigae, but the enzymes are destroyed.
- *Enzymes from sauerkraut*; do not use store bought kraut as this has been pasteurized (enzymes have been destroyed). Make your own (see later). Eat a serving raw with meals in cold & dry weather. You may cook sauerkraut in soups and stews, but the enzymes are destroyed.
- *Enzymes from green ginger*; see 'zingibain' in the Ginger section.

Sauerkraut recipe

Makes about 6 litres of sauerkraut. Obtain one large cabbage (or two medium 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 in a food processor. 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, help to digest your food, and 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 fill with hot water.
2. *Dry Ginger Tea*; put powdered Ginger in a cup, and fill with 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 other compounds that stimulate the release of digestive chemicals into the duodenum. The enzyme works in acid conditions as do fruit protease enzymes. Slice a piece of green ginger lengthwise in 1-2mm thick slices. Crush these slices on a wooden chopping board with the blade of a heavy knife. Transfer the crushed ginger to a cup along with the ginger juice left on the board. Add a little cold water, stir and leave for 15 minutes or more. Drink this liquid with cooked proteins.
8. *Ginger Bombs (trikatu)*; these are excellent pungent tonics for the digestive system. You may eat a whole bomb daily, or eat half one day, and half the next. 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 coconut cream, clarified butter, jam, and/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 Ayurvedic pharmacy), and three level teaspoons powdered dry ginger.
 - c. *Bigger Bomb*; grind ten peppercorns, add one level teaspoon long pepper (pippali, from Indian Ayurvedic pharmacy), 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 seeds.
- Antipasto; olives, capers, gherkins, avocado, anchovies, cold meats etc.
- Cheese & fruit pickles.
- Yoghurt & fruit.
- Cooked meat or fish; with fruit pickles, fermented vegetables, mayo, avocado.
- Raw egg yolks (hallucination preventative, cholesterol supplement, fat, plus raw protein).

- Fruit teas, herb teas & coffees; optionally with dairy, coconut milk, spices, sugars and honey.
- Sweets, gluten free.
- Chocolate, gluten free.
- Snack bars, gluten free (e.g. Mars bar, nougat).
- Micro-mineral snacks; flax & chia sprouts, raw meat, raw liver.

Eating ideas

- *Fruits*; raw (must be 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; seed sprouts (NO legume sprouts or fresh raw vegetables), fruits, avocado, fermented non-starchy veggies, nuts, tofu, cheeses, green herbs, dressings, mayo etc.
- Sauces; made with eggs or thickened with buckwheat, sago, tapioca, or maize (corn) flour.
- Yoghurt; eat Greek style (or similar) yoghurt thickened with extra milk solids.
- Cheeses; with fruits, nuts, fermented vegetables, avocado, olives, salami, and wine. Avoid processed cheeses. Best cheeses are aged at least one year (warm, pungent & a bit dry).
- 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. Filling of other people's quiche can be eaten but not the shell.
- Seafood; avoid processed crab sticks, surimi etc. they are likely to contain gluten.
- Meats; avoid processed meats containing cereals (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 either;

1. Your gall bladder is not releasing enough bile to emulsify the fats in your food (IBS-B). The remedy; eat only emulsified fats.
2. Your gall bladder has been emptied by continual diarrhoea. The remedy; eat 'The IBS Recovery Diet'.
3. Your pancreas is not 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. 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 cause similar symptoms to IBS. A [Palaeo Diet](#) will heal all the above illnesses except Pancreas disorders (see '*Pancreas problems*' later on).
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 too much fruit and vegetable fibre. Too large a volume of food in the small intestine can speed it up.

- c. You may be eating raw foods in cold weather OR unripe raw supermarket fruits. Cook these foods, eat seasonally, and select the correct foods. Eat hot cooked food in winter (soups & stews), eat raw & cold foods in summer (cold meat & raw tree-ripened fruits).
 - d. You may be eating too much bitter (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 (astringent fruits & juices, black tea, dried fruit, dried meat) food, in cold weather. 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 sugar, cooked fruits, fermented veggies, & salt. Avoid dried food; eat only hydrated foods (e.g. soak and cook dried fruit). This type of diarrhoea is cold & grey.
 - e. Spicy food can speed you up and cause a hot, loose, yellowish, acrid bowel movement. Ban hot spices like chilli & cayenne. Instead eat ginger, pepper & 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. Practise a [Relaxation Therapy](#) (see later).
 - b. The HCAs in cooked meats, fish & eggs can cause constipation. This will vanish when a fresh, raw, protease food or protease enzyme supplement is eaten.
 - c. Dairy foods may cause constipation. This can be avoided by substituting coconut cream, and/or eating cooked meat, fish & eggs instead.
 - d. Gluten (often present in processed foods), will paralyze 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 dry spices (chilli, cayenne), and bitter & dry foods can cause constipation.

4. *Depression;*

- a. Dairy foods may cause depression. If this occurs, ban them (except for clarified butter and old cheeses). Substitute coconut milk for dairy.
- b. A micro-mineral deficiency will cause depression. Eat 25g chopped raw liver, or a chelated multi-mineral supplement, with no other foods. Depression will disappear within an hour or two.

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 be 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 in acid conditions, so the small intestine no longer digests fats and proteins. Eating acid foods & fats will cause diarrhoea, and you may be taking medication to suppress stomach acid production.

Download the Optimum Palaeo 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 diet with these modifications;

- Eat low acid fruits only. White grape juice, soaked dried fruit, ripe cherries, blueberries, persimmons, custard apples, eating grapes (do not eat any bitter skins). Do not eat cooked fresh fruit (sour), instead eat cooked dried fruits.
- Do not eat vinegar, fermented foods and sour spices etc. Alcohol can provide the sour taste instead. Drink very small quantities. Beers and cold white wines in summer. Red wines in cool humid weather. Special teas & coffees, fortified wines, liqueurs & spirits in winter.

- Eat low fat raw red meat & liver. Start by eating 25g raw meat and slowly increase the amount (up to 50g at a time) as you become used to eating it. Restrict raw liver to a maximum of 25g daily. An acid-free enzyme supplement must accompany them. Use the Coin Oracle to manage the amounts of meat, liver & enzymes that you eat.
- Dairy; do not eat dairy foods or coconut milk.
- 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.
- Eat as little fat as possible; eliminate avocados, egg yolks, chocolate, nuts & seeds, etc. But you may apply fats to your skin. Use ALA (Omega3) & GLA (Omega6) oils for massage | ALA = walnut, hemp, flaxseed, clarified butter, canola, soybean oils | GLA = evening primrose, blackcurrant, borage, hemp oils. Hot oils (soybean) are for winter and cool oils (clarified butter) are for summer. If the oil does not feel right try a different one. Massage your whole body daily. See the Optimum Palaeo Diet for more info on fats & oils.
- Raw liver, raw red meat, seed sprouts and iodized salt are vital, but if you cannot digest the raw animal foods, eat a chelated multi-mineral supplement instead. Accompany the liver, meat and sprouts with an acid free enzyme supplement.
- Eat sugars as inverted sugars; dextrose, maple syrup, imitation maple syrup (summer & autumn), golden syrup & honey (winter & spring). Eat 200-300g of sugar daily as small snacks throughout the day. If you are losing weight eat more sugar, and increase oil massages.
- 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 (see Optimum Palaeo Diet).
- Eat supplements (see Optimum Palaeo Diet).
- These are suggestions based on limited experience. Allow the *Coin Oracle* to fine tune them for your unique digestive system, and consult the *Optimum Palaeo Diet* for more knowledge.

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** <http://ashramyoga.com/shop/yoga-nidra-shop/> supplies .mp3 files for download. I recommend *Yoga Nidra 1* with Swami Bhaktimurti.
- **Satyananda Yoga Schools** <http://www.satyananda.net> have .mp3 files & CDs available, and offer live instruction. I recommend the CD *Yoga Nidra & Meditation (beginners)* with Swami Satyananda.

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 generally lasts 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, but the best time is late afternoon.

After a month or three you will be able to reduce your practice to 2-3 times a week, and will have reduced your adrenal hormone levels & IBS symptoms. After many years of practice, 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 daily (or other Relaxation Therapy).
2. 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, just a little sour & salty, and a little bitter & astringent (raw fruit, cold meats & salad, black tea & coconut milk).
3. Temperature; avoid refrigerated/frozen and too hot foods. Eat your food at room temperature or body temperature.
4. Do not eat cereals (except cornflour, cereal oils), or legumes (except tofu, soy sauce, soy milk, bean oils), or peanuts (except peanut oil). Do not eat wheaten cornflour (this contains gluten). Do not eat gluten and processed foods containing food additives E1400 to E1451. Eat only small amounts of starch (from buckwheat, sago, tapioca, corn) as thickeners.
5. Eat some cooked animal protein OR dairy protein with each meal.
6. Eat a protease enzyme supplement daily.
7. Eat fruits; eat tree ripened raw fruits in season, rest of the time cook them, or drink fruit wine. Eat fermented fruits in winter. Eat modest amounts.
8. Eat non-starchy vegetables and cook them all. Eat small amounts of raw sauerkraut in winter (cold & dry), and raw kimchi in cool & wet weather.
9. Eat a daily serving of Omega3 (one dessertspoon flaxseed oil) & a daily serving of Omega6 (two dessertspoons evening primrose oil).
10. Eat a regular Vitamin D supplement when the sun disappears.
11. Eat a micro-mineral snack several times a week (raw liver, raw meat, raw flaxseed sprouts, raw chia seed sprouts, chelated multi-mineral supplement). Eat iodine (iodized salt, dried kelp) and fluorine.

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. If hallucinations occur after you have eaten raw egg yolks then stop eating them for a day or so.
13. Eat plenty of ginger.
14. Eat small amounts of fruit & vegetable fibre, so that the volume of your digestion stays small.
15. If you would like recipes suitable for this diet, purchase Carol Sinclair's book [The IBS Low Starch Diet](#).
16. Questions? go to the [Facebook](#) Group '[IBS Explained](#)', or email brian.c.dobson@facebook.com if you have no access to Facebook.