



RESTORE

Irritable Bowel Syndrome (IBS) Pain • Bloating • Diarrhea • Constipation

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Bloating: Abnormal tightness or fullness, gaseous swelling, or increase in diameter of the abdominal area; may have gurgling or, more seriously, a lack of it.

Constipation: Three or less bowel movements per week. Usually Bristol Stool Scale 1-2

Diarrhea: Three or more bowel movements per day. Usually Bristol Stool Scale 6-7

Mixed: Alternates between constipation and diarrhea

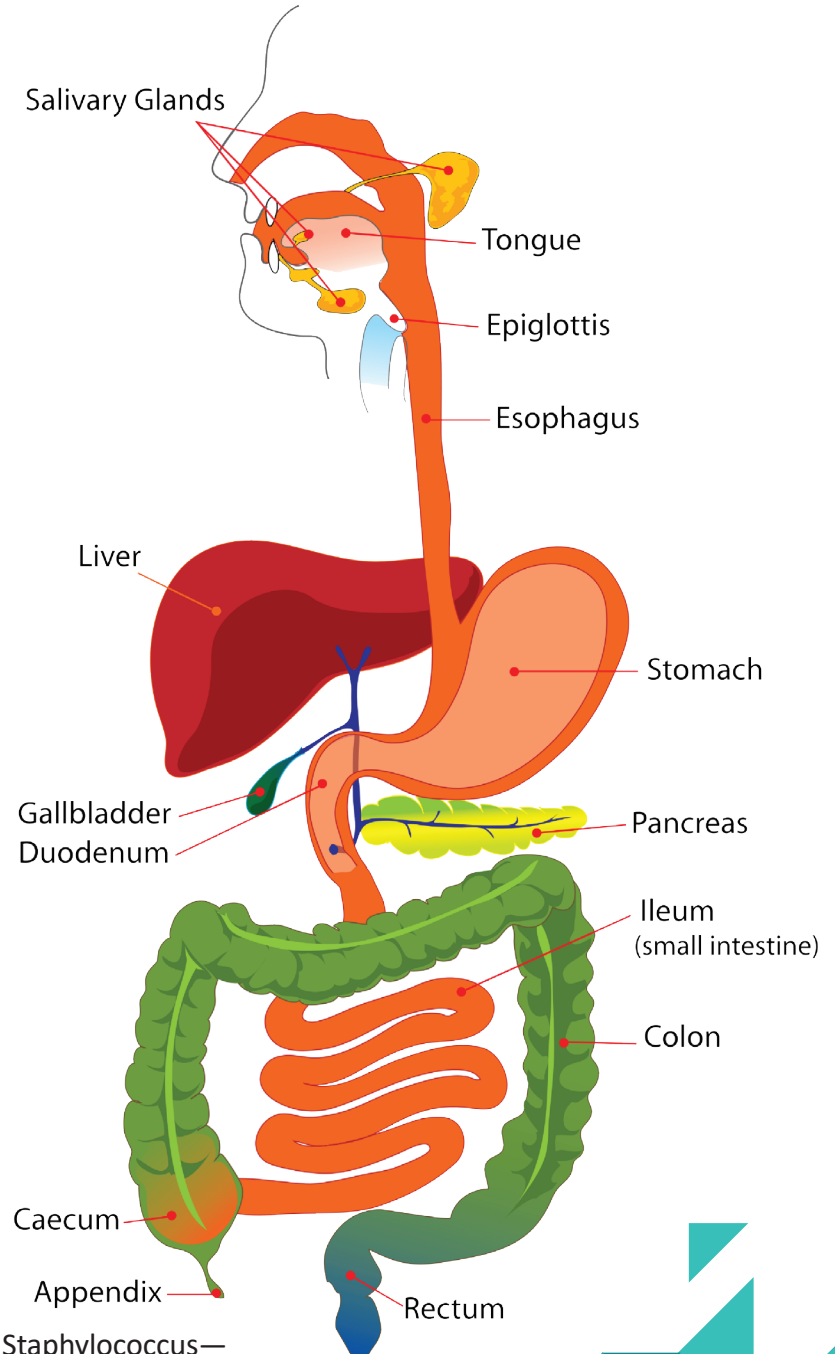
Other symptoms: Depression, anxiety, food sensitivities / allergies, fatigue

Contributing factors:

- » Dysbiosis: Antibiotic use; GIT infection, diet
- » Adverse food reactions
- » Low-grade gut inflammation
- » Stressful life events
- » Liver sluggishness

Why? There is general agreement that:

- » Diets high in processed foods, lactose, fructose, gluten... as well as antibiotics and other medications shift the gut microbiome.
- » Higher numbers of Bacteroides, Clostridium and Staphylococcus—while normally not a problem—can overgrow becoming pathogenic.
- » Lower levels of probiotic Bifidobacteria and Lactobacilli mean lower production of short chain fatty acid (SCFA) and other nutrients. All body cells use SCFAs for energy, especially gut cells.
- » Nutrients are malabsorbed, the intestines become irritated, this can progress to an inflammatory situation.



Heal Your Irritable Bowel

Repair Mucosal Function and Structure & Restore Proper Gut Contractions

- » Calm any inflammation / rebuild: Past infections may have left the bowel a bit inflamed, weakened gut integrity, or altered neuromuscular function
- » Create “regularity” (no diarrhea or constipation)
- » Diminish hypersensitivity: Antibiotics may have altered gut microflora and/or caused a hypersensitive pain / pressure response
- » Improve liver function

Eliminate Processed Foods, Refined Flours, & Sugar

- » Assess and manage additional food intolerances: gluten/grains, dairy, fructose/fructans

Optimize Gut Flora: Get Your Fiber From Foods

Soluble Fiber Shifts Your Microbiome: When mixed with water, soluble fiber forms a gel-like substance and swells. These fibers are used as food by your remaining, desirable gut bacteria. Fed well, they multiply and recolonize in a way that cannot be achieved by taking probiotics (PS. these fibers also help balance cholesterol and blood sugar):

- » Chia seeds (soaked), ground flax seeds
- » All legumes with lentils the highest; lima beans and smaller beans like adzuki or mung are good sources
- » Root vegetables, especially onions, thin-skinned potatoes (skin left on), sweet potatoes, carrots, parsnips
- » Vegetables, especially Brussels sprouts, spinach, squash, string beans, cabbage, broccoli, zucchini
- » Fruits, especially pears, apples, berries, grapefruit

Insoluble Fiber: Does not absorb water; adds important bulk but passes through the gut relatively unchanged. Whole seeds, nuts, legumes, tubers

Exercise - resistance training strengthens bones

Professional Nutritional Support restore digestive and liver health with targeted digestive enzymes, liver support, gall bladder support, vitamin D and others.

Professional Prebiotics & Probiotics Occasionally, eliminating irritating foods means temporarily restricting healthy sources of prebiotic foods (e.g. FODMAPs). Prebiotics like GOS or PHGG and/or strain-specific and evidence-based probiotics can maintain probiotic nutrient production and help repair the gut lining.

Professional Herbal Support (please use only with professional guidance)

GI Anti-Inflammatories: Tincture of peppermint combined with caraway

Anxiolytics: Lavender, Passion flower, Melissa

Adaptogens: Astragalus, Panax ginseng, Rhodiola, Withania

Eat Plenty of Liver-loving foods

- » Beet roots and greens, all dark greens, all *Brassica* (cabbage, broccoli, cauliflower, bok choy, rutabaga...)
- » Garlic, ginger, turmeric, basil, parsley, fennel, cinnamon
- » Green tea, lemon water, raw apple cider vinegar

Minimize Animal Fat / Proteins

- » Cook with coconut or olive oil
- » Eat wild-caught fish several times a week
- » Ensure any red meat, fowl or eggs are from pastured or wild animals; for now, limit number of weekly servings

Additional Steps for Constipation

- » Ensure appropriate fluid intake
- » Daily exercise, even a walk, can improve constipation
- » Drink licorice root or dandelion root tea (gentle laxative)
- » If needed, use purgative herbal laxatives like senna and cascara sagrada. Note: these should always be used very short term and with anti-spasmodics especially peppermint or chamomile

Additional Steps for Diarrhea

- » Ensure hydration: drink anti-spasmodic ginger tea
- » Address stress / anxiety: soothing chamomile tea, yoga, meditation, Tai Chi, stay positive and be active



Call 907-240-1175