

Irritable Bowel Syndrome

Inflammation of the colon or large intestine, especially its mucous membrane.

Possible Causes and Contributing Factors:

- Diet high in refined foods and sugars
- Food allergies (wheat & dairy)
- Candida
- Parasites
- Poor stress coping mechanism

Suggested Dietary Changes:

- High fiber diet is an absolute must, it will regulate bowels and soothe digestive tract – whole grains, raw or lightly cooked vegetables, legumes – slowly increase so body can adjust (avoid wheat germ)
- Water every 2 hours
- Consider food allergies (dairy, wheat, sugar)