

A Definition for IBS

IBS is defined as a syndrome characterised by abdominal pain linked with altered bowel habit with no abnormalities found with blood tests, stool culture, gastroscopy, colonoscopy or x-rays. It is usually associated with bloating, diarrhoea and constipation. The nature and severity of symptoms vary widely between patients and may vary overtime.

The Traditional Medical Approach

All IBS patients seem to share a common path, from first realizing that something has changed, to finally seeking medical attention. It begins with a new pain, some stomach gurgling, a little heartburn, maybe gas and bloating that you never had before or a change in bowel habit. You don't really notice at first, it's not that big of a deal. It continues, you thought it might go away, it doesn't, so you self medicate with over the counter products. For gas and bloating, heartburn or reflux, antacids like Mylanta, Gaviscon, Zantac, Quickeze would be the patient's first choice.

It's such a common condition that the dinner time news programs are full of these advertisements making them the number one selling category of over the counter medications. If they don't work, it's off to your local doctor for help.

If your complaint is diarrhoea or loose bowel movements, you may try Imodium or Gastrostop. If it's constipation, it's Metamucil, Fibogel, Benefibre and a stool softener. If the constipation continues, it's Coloxyl with Senna. Somewhere along the way the patient realizes that certain foods exacerbate the problem and they begin to avoid them or become afraid to eat. Some are afraid to leave the house and when they do, they have to know every bathroom between their home and destination.

If there is pain involved, you try again, Panadol, Naprosyn, Digesic or other non-steroidal anti-inflammatory (NSAIDS) pain relievers. NSAIDS are the second most common over the counter medication sold today. These may or may not work either and puts you in a position for your doctor to want to remove your gallbladder, since they have found nothing else to explain the symptoms. You may be frustrated as symptoms continue and all you tests are normal.

Removal of the gallbladder rarely results in any relief and in most cases, creates additional digestive complaints because you now have an inability to digest fatty foods in an efficient manner. This may actually increase pain, gas and bloating.

Since none of these over the counter medications, prescriptions or dietary changes resolve the problem, it is once again off to your local doctor. By now you are going to be referred to a Gastroenterologist.

Gastroenterologists are specialists in the intestinal tract, trained to perform unique testing to rule out a more serious condition or cancer. So the patient begins a series of tests that can include colonoscopy, endoscopy, barium enemas, blood tests and CT scans. You have been tested up this way and down that way and your doctor walks into the room and informs you that all the tests are negative and there is nothing wrong with you. You have irritable bowel syndrome.

More time goes by the patient tries to cope as best they can after being told that they will just have to learn to live with it, trying various medications intermittently, depending on how your symptoms vary at any one time.

What a journey! No results, your quality of life continues to deteriorate, you might even be on anti-depressants. You also believe that the prescriptions and over the counter medications are safe to take, after all, they are FDA approved. Unfortunately, all prescription and over the counter medications have side effects and unintended consequences.

The use of antacids seems reasonable and safe, and I will discuss their use and side effects a little later in this article. Fibre products are usually not high quality, tending to be rough on the insides of your digestive tract and can escort nutrition out of your body. This causes a malabsorption problem, creating long-term consequences. Chronic usage of aspirin and NSAIDS can damage the gastrointestinal system. See my discussion of self-medication also a little later in this article.

Removing the gallbladder also has unintended consequences. Unless you have gallstones, it rarely will be the cause of your discomfort. Once lost, you now have no ability to store bile, which is a digestive enzyme that is released when you eat fatty foods and means you cannot digest the fat in your food. What's the cause of pain, gas and bloating? It's the inability to digest foods in a timely manner. It is also quite common for the patient to gain weight after the surgery. The answer is not to avoid fatty foods, because you need fat in your diet for human health, but to supplement the deficiency with a digestive enzyme specific for fat.

Could your doctor be right, there is no cure and you must learn to live with IBS? Hopefully not! The answer is so simple. Think of IBS as your body being out of balance. We believe that there is an answer to your problem that we call the nutritional approach.

The Nutritional Approach

The basic premise is we must find and understand the cause of why you aren't feeling well. IBS is simply a fundamental, functional deficit in 2 areas, BACTERIA and CHEMISTRY and if not addressed, any other approach is doomed to failure. Searching for the cause of any chronic condition is a different mindset than using drugs to suppress our symptoms. It requires more work, better communication between physician and patient and a thought process that is able to eliminate confounding variables (such as diet) and get down to the basic, fundamental, functionality of the human body. In other words, what's interfering with the body's ability to express itself healthfully?

Quick Start Guide

Let me summarize what you'll be learning as you read the remainder of this article. There is a lot of information presented here. You may need to read the article many times, but you'll always have the ability to come back to this section and review just the high points. You will need to read the information presented here a number of times, but here it is in a nutshell.

1. There are only 2 areas of concern when it comes to overcoming any symptoms associated with the gastrointestinal system. These 2 areas govern the entire health of your gastrointestinal system: BACTERIA and CHEMISTRY. We all have a population of good bacteria living inside of us; it's necessary for human health and proper gastrointestinal function. If we were to lose the optimal levels of these bacteria, then in time, the chemistry will change, and in time, symptoms begin. Everybody gets their own set of symptoms and the timing of the onset of these symptoms is also different in everyone. I have 8-year old patients and I have 90-year old patients.
2. The primary reason that we lose this population of beneficial bacteria is the use of antibiotics. Antibiotics are designed to kill bacteria. Normally used to cure infections, each time you take them, they also destroy a portion of the good bacteria as well. They don't always reproduce back to proper proportions and in fact, they may reproduce to abnormal levels. This situation also leaves you in a position of being more susceptible to picking up additional bacteria from the environment.
3. There are secondary reasons for losing the beneficial bacterial balance. They are over-the-counter medications, prescription drugs, poor diet and alcohol. We have all practiced a combination of any or all of these.
4. The good news is that we can quite easily re-establish proper bacterial balance. We can also return the chemistry to normal. The chemistry is returned to normal by feeding the tissue of the gastrointestinal system the nutrients that are normally found in the food that we eat. We understand enough about the biochemistry and physiology of the gastrointestinal tract to use a nutritional product that does just that.
5. We can improve digestion with digestive enzymes that helps with gas, bloating, indigestion, heartburn and reflux.
6. We will couple this all-natural product protocol with temporary; at least we hope they are temporary, dietary suggestions.
7. Along the way we may need to send out lab tests to help us identify levels of beneficial bacteria, abnormal bacteria, yeast or parasites and also food allergies.

That's your Quick Start Guide to the following information. Within the remaining information, you will find more detailed answers to eliminating whatever symptoms you have.

The Causes of IBS

There are many reasons that you may be experiencing these symptoms. We all have had contact with these possible causes at some time. How many of us have had antibiotics? All of us, right? It's such an important subject that we will take a very close look at them later in this discussion. How many of us have had other drugs prescribed by our physicians. All drugs have potential side effects. According to the Physician's Desk Reference, the number one caution of most drugs is its effect on the gastrointestinal system. We all use over-the-counter medications, don't we? Antacids, pain killers, cough syrup, anti-histamines, etc. These also have potential effects on our gastrointestinal tract. And most importantly, our diet. We will talk about specifics later in this discussion, but I'm sure you understand that your diet affects all function in the body.

The major causes of gastrointestinal problems are:

1. Use of antibiotics
2. Lack of Digestive Enzymes
3. Self medications: especially non-steroidal anti-inflammatory drugs
4. Poor food choices
5. Abnormal bacteria, parasites or yeast (fungus) in your gastrointestinal system.

Let's look at each of these more closely.

Cause: Use of Antibiotics

You've already heard me mention that the problem that needs to be conquered is an imbalance in BACTERIA and CHEMISTRY. Once the bacterial levels are lost, then the chemistry will change and symptoms show up. I also have suggested the primary reason bacterial levels are lost is the use of antibiotics. Designed to kill infections caused by bacteria, not only do they do a great job on infections like sore throats, ear infections, bronchitis or urinary tract infections, they unfortunately also destroy a portion of the optimal levels of good and bad bacteria living in our gastrointestinal system. And it doesn't matter if you have taken 2 or 200, whether you took them all before your were 5 years old or throughout your lifetime. Each time, you destroyed a portion of the bacterial balance so important for gastrointestinal health.

This potentially also allows bad bacteria to overgrow their normal levels or makes it easier for you to pick up abnormal bacteria from the environment. The good news is that we can re-establish proper bacterial balance and restore chemistry in every person with IBS.

You prevent the reappearance of this condition through the judicious use of antibiotics, but if you find antibiotics necessary, take the product that I recommend that's designed to re-establish the good bacteria that's being destroyed while you take the antibiotic and for 1 month after. This prevents you from again entering that vicious cycle that results in IBS.

Cause: Lack of Digestive Enzymes

If you have gas, bloating, indigestion, heartburn, reflux, GORD, pain or cramps, 90% of the time it's caused by foods that you are unable to tolerate (more on that later) coupled with a lack of digestive enzymes, such as hydrochloric acid (stomach acid) and pancreatic enzymes such as amylase, protease and lipase. But wait, many of you think you have too much stomach acid, that's why you're taking Quickeze, Mylanta, Zantac or Nexium. In reality, there are very few people that actually produce sufficient amounts of acid in the stomach. Sure Doc, but why do I feel so much acid, it burns and hurts, and it comes up into my throat? Hang in there, this is a long explanation.

If you ask a physician or nurse: What are the symptoms of a person who is producing too much stomach acid? They will easily list the symptoms I have mentioned above. But if you ask: What are the symptoms of a person producing too little stomach acid? You get silence. It's because they have never thought about it in this way. The symptoms are the same. How do you know which category you fall into? Have you diagnosed yourself? Yeah, but Doc, when I take antacids, I feel better.

Well, some of you do. Some of you get temporary relief and then it stops working. But one thing you all have in common, it never suits your problem. It is not a cure; it merely suppresses your symptoms. But wait, there's worse news.

Antacids buffer (meaning lowers) the amount of acid you are producing, ultimately impairing digestion. Lowered acidity in the stomach inhibits minerals such as calcium, magnesium and potassium from being broken down properly, a process that begins in the stomach, and impairs their ability to be absorbed. Acid is a potent weapon that fights any bacteria that is in the food you eat. Buffer it away and your chances of catching food poisoning or having an abnormal bacteria take hold in your gastrointestinal tract are greatly increased.

The bottom line is that too many people are taking an antacid because they think they are producing too much acid (which they aren't) and they think the problem is solved (which it isn't). In reality, the process of digestion is inhibited and minerals aren't prepared properly for absorption in the small intestine. Therefore, you don't get all the available nutrition from your food. Welcome to another cause of malabsorption.

Cause: Prescription and Self-Medication: Especially NSAIDS

We live in a society that thinks it can solve its problems with pills. We are constantly exposed to advertisements in newspapers and TV for over-the-counter medication. Advertising works, therefore, we all self-medicate.

How about something to help you sleep or help you wake up? Medicine for diarrhoea or constipation? These aren't cures. Just temporary relief. And we already mentioned all of those antacids.

Did you ever stop and think that there is a reason that you have a headache, a cough, sinus drainage? Is your body trying to accomplish something? Might these symptoms be a normal reaction? A cough helps clear your lungs. Sinus drainage rids

you of unwanted mucous that harbours germs. Should we really interfere with what the body is trying to do?

Just as the number one side effect of prescription medications is gastrointestinal problems, over-the-counter medications also have consequences. In a recently published report in the New England Journal of Medicine, a study conducted at Boston University School of Medicine discussed significant and potentially fatal side-effects of non-steroidal anti-inflammatory drugs (NSAIDS) such as Aspirin, Naprosyn, Voltarin and Indocin. The lead researcher called this a silent epidemic because warning signs don't precede gastrointestinal complications. What have I been telling you? You may or may not have the symptoms that I have been describing. You may not even be aware of this process.

The complications the lead researcher is referring to are gastric damage, ulcers and bleeding. They also have been linked to arthritis. That means there is a change in chemistry and inflammation.

Cause: Poor Food Choices

How many of you have a perfect diet? Put your hand down! No one does. Do you pay attention at all to what you eat? How much fast food is in your diet? How much fried food? How much milk, cheeses and ice cream? How much of it is processed, already prepared and packaged? I could go on, but some of you have had poor nutritional habits for a long time and some of you have made changes only recently. How many of you hardly eat at all? Either way, your choices have consequences.

The point of all of this is to give you an idea of what contributes to creating an environment that may cause your symptoms. Most people have had antibiotics, self-medicated and eaten poorly. Combine this with a lack of digestive enzymes and it's no wonder that your bowels are out of balance, you can't get proper nutrition from your food and symptoms develop.

Cause: Abnormal Bacteria, Parasites or Yeast

We are unable to know for sure if there are abnormal levels of bacteria, parasites or yeast in your gastrointestinal system without the benefit of sending stool or urine samples to a lab. Some of you might say that your doctors already have had you submit a stool sample and you have no problems. Make sure you know what was tested. These samples typically test for the presence of blood, parasites and their eggs (ova). This is entirely useless for our purposes because rarely do we ever see parasites, but we often see positive findings for bacteria, yeast or both.

Don't let a bunch of misleading information found on the internet mislead you into thinking that you must undergo a cleanse for parasites. There has been for decades in books and literature mailed to unsuspecting consumers, information using scare tactics that everybody has parasites. This information can also be found on the internet. I send out 3,000 to 4,000 stool samples each year to test for parasites and I probably only see 3 to 4 back each year positive for parasites. A cleanse will not be the answer you are looking for when it comes to resolving your gastrointestinal complaints. Also, don't believe the information that claims that there is faecal

material hanging on the inside of the bowels that only a cleanse can remove. These internet sites, books and mailers are only trying to send you products. I assure you, the cause of your condition revolves around restoration of BACTERIA and CHEMISTRY.

Bacteria or yeast can be a potential contributing cause of your gastrointestinal problems. If found together, their consequences can be even worse. Remember that in the section about antibiotics, I mentioned that when the beneficial bacterial levels fall below normal levels, the bad bacteria tend to overgrow and that's when problems begin. You may also have been exposed to bacteria from having lived on a farm and your exposure to animals and manure. People on farms may have more frequently swum in lakes or streams. Anyone who has travelled in third world countries may also have been exposed. It is also possible to come into contact with bacteria by eating common fruits and vegetables.

Yeast is normal in your gastrointestinal system, but at very low levels. Women are familiar with vaginal yeast infections, but men and women both can suffer from systemic yeast infections. This situation can lead to multiple symptoms commonly associated with a condition called Candida. It is important to have this condition diagnosed through stool or blood before embarking on a plan to kill the yeast and following the rigorous diet that is also necessary for its elimination. You will learn later in this article how to determine if you need laboratory testing.

How IBS is Responsible for Other Symptoms That You Might be Having

I know your main interest is in the elimination of IBS, but I think it might also be helpful to understand why you have other symptoms, if you do. If you don't you will learn why it's even more important to eliminate IBS so you don't lose your health in the future.

When you have created the environment we have just discussed, a chain reaction of events is set in motion. Remember that we have lost the beneficial bacterial population and that begins a change in the chemistry of the gastrointestinal system. Your bowels are becoming unhealthy and inflamed. IBS, Ulcerative Colitis and Crohn's Disease, though not technically inflammatory conditions, result in inflamed tissue. IBS usually precedes the other symptoms I have mentioned, though their diagnosis is not necessary to have this chain reaction of events take place. You do not need overt symptoms, because a lack of symptoms is not what defines health.

When the tissue in your bowels inflame, it also expands. As with bad sunburn, your skin swells and the pores enlarge. Inside your bowels and particularly the small intestine, this also happens at a microscopic level. Traditional medical tests can see this under a microscope. In holistic medicine it is called "Leaky Gut Syndrome". No, nothing is leaking out of you, but if you read on, I'll explain how undigested foods and bacterial enzymes may be leaking into your bloodstream through these "holes."

Many of you already know that you aren't digesting your food properly. Remember the symptoms associated with undigested food are gas, bloating, indigestion, heartburn, reflux, GORD, pain or cramps. If you experience any of these symptoms,

we can safely say that undigested foods are being absorbed, in abnormal amounts, through the small intestine. Even if you aren't experiencing any of these symptoms, the remainder of this information more than likely still applies to you.

Microscopically, these undigested foods will move through these "holes" into the waiting capillary bed of your circulatory system (that means bloodstream). No, we're not talking about a piece of chicken or a piece of cheese, we're talking microscopically. The circulatory system is in charge of transporting the nutritional components of your diet throughout your body, not undigested food particles.

In the bloodstream, the body is not looking for undigested foods, it's looking for separate molecules of the basic components of each food. It looks for vitamins, minerals, fatty acids from fats, amino acids from proteins, sugars from carbohydrates and other compounds as separate molecules, not as larger molecules that have not been separated from each other.

Once these larger molecules enter the bloodstream, the innate intelligence of the body comes into play. It is able to recognize separate molecules, but not the larger, undigested ones. Under these circumstances, a call is placed to the immune system to come over, inspect and take appropriate action. The most important part of this story and the part that most affects you is this next statement. The segment of the immune system that is called into action first creates an antibody to the structure that it finds and then generates the release of **HISTAMINE**.

Did you notice that I put the word HISTAMINE in capitals, bold and underline? Think I'm trying to tell you something? It's important. Now we all know what an anti-histamine is. Most of us have used one. There we go with that self-medication again. An anti-histamine relieves the symptoms of allergies, sinus drainage, stuffiness and red eyes. That means that HISTAMINE must cause those symptoms. Guess what else HISTAMINE causes in the body? Headaches, pain and inflammation, skin rashes, itchy skin, psoriasis, eczema, hives, anaphylactic shock (that's when people eat peanuts or shellfish, can't breath and could possibly die) and asthma. Not all of these symptoms occur in everyone, but depending on your biochemical individuality, some or all may appear. How many of you with Irritable Bowel suffer from one or more of these symptoms? More proof of the gastrointestinal connection.

AND NOW YOU KNOW HOW A FOOD ALLERGY IS CREATED AND SOME OF THE SYMPTOMS ASSOCIATED WITH THEM!

What? Food allergies? Yes, your most favourite foods, the ones you eat the most of, are crossing over into your blood stream and creating this chain of events. And let's think about your favourite foods for just a moment. Do you realize that when you go shopping, you go to the same stores each time, the same isles and buy the same products? People like their familiar choices. It is these foods, your most favourite, that are crossing through the Leaky Gut and causing these food allergies. Part of becoming well is to make different food choices while we rebalance your gastrointestinal system. We will discuss important dietary changes later.

Whew! Did you follow all of that? Let's summarize what I just said:

1. Lifestyle influences have created an imbalanced gastrointestinal system.
2. Inflammation has occurred and caused holes.
3. This allows undigested foods to pass through a "Leaky Gut"
4. Unable to recognize these compounds, the body alerts the immune system.
5. The segment of the immune system that responds releases HISTAMINE as it works.
6. HISTAMINE in the body causes allergies, sinus drainage, stuffiness, red eyes, headaches, pain and inflammation, skin rashes, itchy skin, possibly contributes to psoriasis, eczema and hives, anaphylactic shock and asthma.
7. You now know how people become allergic to foods.
8. And now you also know the cause of many of your chronic symptoms.

There is one more complication from the release of HISTAMINE that needs its own explanation. How many of you have chronic infections such as sinusitis, bronchitis, yeast infections, urinary tract infections, nail or toe fungus, athlete's foot or jock itch? If your immune system is working overtime on foods, it loses some of its ability to work on the other infections. This may be a possible explanation as to why you have recurrent infections. It may also explain some autoimmune diseases, because an over active immune system may be more easily confused between what is your tissue and what is not.

What have we discovered so far in this article?

1. The reason you have symptoms is because you have lost your bacterial balance and the chemistry of your gastrointestinal system has changed.
2. The main cause of this happening is the use of antibiotics.
3. Any other symptoms you might be experiencing may be related to the imbalances in your gastrointestinal system.
4. The good news is that we can re-establish proper bacterial balance and restore chemistry, improve digestion and coupled with dietary changes, possibly eliminate your other symptoms.

The Plan for Success

Understanding the information just presented to you is as important as what to do about it. The following information will be partially familiar to some of you, but probably not in the way that it is presented and completely unfamiliar to many of you.

Interestingly enough, you may have already tried some of the suggestions that you are about to hear. The problem is that you have not tried all of the suggestions at the same time. These suggestions are the final missing pieces to the puzzle of restoration of health. Some of these products are found in health foods stores, but they are not always of the proper quality or formulation.

Once a patient has reached my office, he or she is worn out, frustrated, has spent too much money and is wary of the next step. They are often sceptical of what I may propose to them. They are there because they feel they have no other options. Frustration leads to desperation. Luckily they have come to the right place.

This programme has been used for over 10 years and in more than 1500 patients, I assure you that the majority of you have seen wonderful results if not a complete end to your symptoms. Remember that you do not have a disease, you have a lifestyle problem that has resulted in a set of symptoms that is nothing more than your body trying to tell you something. I learned the approach that you are about to read from other physicians that have been in practice a lot longer than I have. I did not discover it. There are thousands of physicians across the country using this protocol right now!

OK SO WHAT IS IT? GET TO THE POINT!

So, finally, our Plan for Success will revolve around these areas:

1. **Re-establish Normal Bacterial Balance** – Remember what antibiotics and other lifestyle influences did to your population of healthy bacteria? We must re-establish that population. We must also learn to identify the warning signs as to whether or not there are abnormal bacteria, yeast or parasites present in the gastrointestinal system.
2. **Feed Tissue in your GI Tract and Restore Chemistry** – We will provide the nutritional support to feed the tissue, change the chemistry, eliminate inflammation and improve absorption.
3. **Improve Digestion** – This means the elimination of gas and bloating, indigestion, heartburn, pain, cramps and reflux.
4. **The Big Three 100% - Don't You Dare Break Them, Dietary Rules**
 - A. **Dairy Detective** – The 'no dairy' rule is the most important dietary change. I will teach you why you have to eliminate it and how to look for hidden dairy.
 - B. **Gas Causing Foods.** We've all laughed about this since we were five.
 - C. **What you Drink and When You Drink It:** Simply but very important.
5. **Stop Taking Your Vitamins, Minerals or Herbs** – What? Read on. Let's discuss each of these.

1. Re-Establish Normal Bacterial Balance.

Large therapeutic doses of normal bowel bacteria are a must to begin restoration of health in your gastrointestinal system. You probably know that there is acidophilus in yoghurt, but in nowhere near the amount that you need to restore the health of your system. There are also bacterial products in the health food stores. Recent laboratory analysis suggest that some, if not all of them are not as potent as they claim, or because of the many different strains of bacteria available, will not re-implant each organism in the cell wall of your gastrointestinal system. At times you are wasting your effort with health food store products.

The product that I use has been effective for over 10 years. Through many lab tests, it has been confirmed to reliably re-establish proper levels in the gastrointestinal tract. It is refrigerated and it must be taken on an empty stomach. Details on dosage are discussed later in this article.

2. Feed Tissue and Restore Chemistry

Once the bacterial levels change, then the chemistry of the tissue in the gastrointestinal systems changes. This means that the tissue is just plain unhealthy. It can be inflamed and unable to make decisions about what to absorb and what to eliminate. Through our knowledge of biochemistry and the physiology of the gastrointestinal system, we know what nutrients will return this tissue back to normal. We will feed this system the nutrients that is usually gets from the foods as it passes through. A unique thought about the Gut is that the outside layer, closest to the food, sloughs off every 3-7 days. The feeding and absorption of the necessary nutrients back into each layer of the wall of your tissue, allows each new layer to be healthier than the one that it replaces. In time, we have created a brand new gastrointestinal system. It now can make better decisions about what to absorb and what to eliminate. All in all it's just plain healthier.

The mainstay product of this therapy is called Ultra Clear Maintain. It contains the 3 main amino acids that the gastrointestinal tract uses for health and fuel. It also contains insulin, which will help restore the mucosal barrier and a sugar called fructo-oligosaccharide. The human body cannot use this sugar; we simply excrete it, but it is added to the product because it is food for the bacterial population that we are trying to re-establish. Details on dosage are discussed later in this article.

3. Improve Digestion

In time, on this program, you can throw away those Mylanta, Quickeze, Mintec and Buscopan. All of those symptoms are due to a lack of digestive enzyme secretion in one or a couple of organs in your body, food intolerance or the diluting of the digestive juices that you secrete.

The 2 most important supplements in this regard are hydrochloric acid and pancreatic enzymes. Gas and bloating are usually an inability to break your foods down in a timely manner. Hydrochloric acid is produced in your stomach and is the first enzyme that your food comes into contact with besides a small amount of enzyme that

is secreted in your saliva. Pancreatic enzymes are secreted into the food as it is released from the stomach into the upper part of the small intestine. We will add both of these enzymes to each meal to make sure you have full strength digestive ability. If you have gastritis or ulcers or a history of either, these products may make you uncomfortable. We can proceed without them, but only because we have to.

If you have had your gall bladder removed, you have special needs. You have an inability to digest fats as efficiently as you used to and you may need to take this enzyme on an ongoing basis. Details on dosage of each product are discussed later in this article.

The Big Three, 100%, Don't You Dare Break Them, Dietary Rules

1. DIARY DETECTIVE

Got milk? Ever seen those ads with all the celebrities and their milk mustaches? Great marketing, isn't it? Guess what cow' milk is for? Baby cows! Period! If you are "chronically unwell", it's even more important to eliminate dairy products. I have other and better reasons, so keep reading.

I am well aware that this is the hardest suggestion that I make. It is also the lifestyle change that has the most potential reward for you. It's that important. Take this section very seriously.

Dairy product use is ingrained into our heads by advertising and marketing that started in school for most of us with the 4 food groups thumb tacked to the bulletin board. We were all told that milk helps build strong bones. It is totally untrue and there is no scientific evidence that supports the idea that a milk drinker will have more bone mass than someone who doesn't drink milk. Additionally, there is no scientific evidence that supports the idea that you will suffer from osteoporosis if you don't drink milk. If you know someone who has this evidence, please send it to me.

In fact, Harvard University conducted a study that began in 1976 and followed 78,000 women who ate or drank the equivalent of 2 glasses of milk per day for 12 years. The study found that these women had a 40% increased risk of fracture. So much for the benefits of milk.

Let's look at a few other issues. No other mammal on the earth looks for the breast milk of another mammal after they are weaned from the breast. They all drink water. Ever seen a bear or a giraffe with osteoporosis? We are the only mammals that eat milk products.

Consider that I have suggested that you only eat foods "as nature intended them to be". Milk that is heated to a very high temperature (homogenisation and pasteurisation) is not as nature intended it to be. It is lacking in anything "live" all of the enzymes and nutrition have been destroyed or chemically changed through the heating process. It's a dead food.

How about lactose intolerance? Do you know anyone who claims to be lactose intolerant? It's my opinion that everyone is to some degree. Remember that a lack of

symptoms is not what defines health. By consuming milk, some people experience indigestion, gas or bloating. Some experience diarrhoea or constipation. Because you don't complain of symptoms commonly related to lactose intolerance, doesn't mean that a chemical and molecular level you aren't still having problems that interfere with your health. You are just unaware of its symptoms. And here's why this is a problem.

When we are born, we have a high secretion of the enzyme necessary to the proper breakdown of milk sugar (lactose). The reason for the high secretion as an infant is to help break down the milk sugar in mother's milk. Many medical textbooks, in the discussion of all of the enzymes produced in the human body, will mention that the production of lactase (the enzyme responsible for breaking down milk sugar) declines substantially about the age of two. Why? It's called the breast-feeding window. All mammals are usually finished breastfeeding by this age. It's already pre-programmed in our physiology that we will have a difficult time with milk sugar. Some cultures and ethnic groups have enjoyed a genetic change that has minimized the consequences, but not eliminated them. If we all had cows in the barn and brought the milk directly to the table, it would be a far better product and not cause as many health problems.

Lactose (milk sugar) is only one part of the milk molecule. Protein is also found in milk and presents an entirely different problem. It is commonly thought that lactose intolerance is the major culprit. It actually is not. Did you know that milk protein is also difficult for our body to digest? Not because of a lack of enzymes, but because the protein molecule in milk is held together so tightly that it is difficult for even sufficient enzymes to break it apart. If the milk molecule reaches an area in our gastrointestinal system, usually in the small intestine, where we have lost the bacterial balance and proper chemistry (Leaky Gut Syndrome, remember)?, the protein molecule will cross over into the blood stream, cause the immune system to react and generate the release of HISTAMINE. There's that word again! And if you remember our earlier discussion, you now have created another food allergy. In fact, milk is the number one food allergy that we find during food allergy testing. Because of protein, not milk sugar. And as you have already learned, HISTAMINE release is responsible for so many of your other health problems. One easy way of reducing many of your symptoms is by eliminating HISTAMINE release caused by eating milk products. Give them up! Entirely! It's well worth it.

Give what Up? Where is milk found? Can I still have ice cream, how about Yoghurt? I get all kinds of questions as patients try to negotiate to keep their favourite milk products in their diet. We are talking about the following products:

1. All milk. 1%, 2%, whole milk, skim, low fat or no fat, cream, Lactaid mild or Acidophilus milk.
2. All cheese, Swiss, Cheddar, Parmesan, etc
3. Ice Cream
4. Sour cream, Cream cheese and Cottage cheese.

5. Creamy salad dressings. French, Thousand Island, Roquefort, Blue Cheese etc.
6. Yoghurt, Eliminate till you are feeling better. It's the first one you can add back later.
7. You must inspect all packaged, canned, bottled and prepared food in your refrigerator, freezer and cupboards and read labels. Look for the words cheese, milk, milk solids, milk proteins, milk by-products, lactose, whey and casein. Eliminate them.

Do you like butter? Good, enjoy it. But, it's a dairy product you say. That's right, but it's almost pure fat. There are 3 components to a milk product: sugar (lactose), protein and fat. Fat causes none of the problems that the milk sugars and proteins do. Enjoy it.

OK. That's the low-down on milk. Did you notice that I devoted about 2 pages to the explanation? It's a 100% rule. If you only eliminated dairy by about 85%, you might see no benefit at all. And, it's just for now. You may very well be able to add dairy back in at a later time. You'll be the judge of that. That's how seriously you should take this information. I sometimes joke with my patients who feel it would be very hard to give dairy up (and it is), that if they only took one suggestion from this information and gave up all dairy products, 80% of them would see a positive benefit to their health. Usually the restoration of true health is somewhat more complex than that, but more than likely, they would see a difference.

One last comment on this subject, eggs are not dairy products. People consider them dairy products because they are found in the dairy section of your grocery store. They come from chickens, not cows. However, rice milk and soy milk are okay. Use these as substitute for cow's milk.

1. NO GAS CAUSING FOODS: THE LEGUME FAMILY AND FRUITS

We've all joked about this since we were 5 years old. Beans cause gas, right? Technically, beans are legumes. Therefore we have to eliminate all legumes: Beans, including kidney, black, red, etc., also all lentils and split peas. Mexican and Indian food are probably out. Soy products, especially tofu, also are hard to digest and need to be eliminated (not soybean oil or soy lecithin). Peanuts and especially peanut butter are also very hard to digest, eliminate them.

Please also follow an old food combining rule that says that fruit should be eaten first (before a meal) or all by itself (as a snack). The reason is that when fruit is mixed in with other foods or eaten after a meal, it will spoil while waiting for the other food to be digested in the stomach. Fruit is very easily digested and would usually be released from the stomach quickly for rapid absorption in the small intestine. The same applies to the drinking of fruit juices. But, since you're going to follow the next rule (Rule #3), that probably won't be a problem. There's a difference here between the gas caused by the spoilage of fruit waiting to be digested and a fructose intolerance that causes gas and bloating that's discussed elsewhere in this article.

2. WHAT AND WHEN YOU DRINK

With as much emphasis that I put on the intake of enough water, I place in its own section this information: It is a bad idea to drink much of any type of liquid during your meals or for an hour afterward. Remember that we are trying to make pure water our main drink each day, particularly while we are working on getting well.

The reason is that if you follow the path of food, the first stop is in your stomach. If there is protein in your foods, and sometime if not, you begin to secretion of hydrochloric acid. We already have discussed that particular digestive enzyme in an earlier section. This enzyme begins the breakdown of certain foods. If you add liquid to the mix, you dilute the strength of the hydrochloric acid. It is about as effective as trying to clean your kitchen floor with a thimbleful of ammonia and a swimming pool's worth of water. Remember, that I have mentioned earlier that gas, bloating and other discomfort is the result of not breaking your foods down in a timely manner.

Another reason not to drink during the meal or for an hour afterward has to do with heartburn. The body is looking for soft, chewed food in the base of the stomach. If you add too much liquid, maybe 1-2 glasses of liquid, you create a soup. The stomach secretes hydrochloric acid into the food and no matter how much acid you secrete, you are creating an acidic soup that has the ability to splash up on your oesophagus, seep into it and burn an unprotected oesophagus causing heartburn. It doesn't matter if you secrete too much or too little, you still create an acidic soup. This explains why so many people take antacids thinking that they are producing too much acid. Most of them are not. It also explains why so much discomfort is felt when lying in bed. In that position it's even easier for the acid to splash up onto your oesophagus.

Stop Taking Your Vitamins, Minerals or Herbs

What? I thought those were good for me! They may very well be, but for a short period of time, please stop taking all of your supplements. The reason for this is to temporarily remove any potential confounding variable from our equation. If your supplements contribute to the problem, which they may well do if they are inexpensive or are made from poor quality raw material, eliminating them for a short period of time (2-4 weeks) will provide valuable clues.

Reactions and Stubborn Symptoms.

The road to a complete resolution of IBS is not always smooth. We will get you there, but it takes a bit longer in some patients. The initial program last 3 months. I have found that I have 2 types of patients. About 70% sail through this program without a hitch and then there are the remaining 30% who exhibit some stubborn symptoms that take a little longer to deal with. It doesn't prevent their IBS from going away, it just takes 1-2 months longer.

Within the population of these 30%, there are usually 4 types of stubborn symptoms. The first set of these patients has stomach discomfort, burping, gas and bloating occurring within 30-45 minutes of eating. It doesn't have to be those symptoms exactly, but always the patient is uncomfortable within a short period of time after

starting to eat and some report these feelings during a meal. The second set has additional gas and bloating after taking my products. The third set continues to have gas and bloating, with or without my products, happening at any time of day. And the fourth set continues to have diarrhoea. Each symptom pattern is an indicator of a different problem.

In the first set of patients, they become uncomfortable quickly, this indicates there are anaerobic bacteria living in the upper part of the small intestine. These organisms live on sugar, not oxygen. Any time you eat something other than an animal product, a fat, oil or butter, meaning that you would be eating carbohydrates that all break down into sugar, these organisms love you and repay you for your kindness feeding them with discomfort, burping, pain, gas and bloating.

At this stage you will stop my basic program of products as it's outlined later in this article and begin a month long program to kill them in order to end these symptoms. You will begin to see relief long before the end of that one month time frame.

If you fall into the second set of those that after starting to take my products, you have increased gas and bloating, quite a bit different than you had before beginning my program (usually more volume and much stinkier) and it doesn't happen quickly after a meal and you can't tie it to a specific foods, this usually means that you have some uninvited guests living in the lower small intestine or colon. These organisms could be aerobic bacteria (that live on oxygen and wear little workout shoes), yeast or parasites. Remember our entire premise is that simply put, you have an imbalance in bacteria, or more aptly, an imbalance in flora (bacteria, yeast or parasites). This concept is the most common culprit in this entire program.

The identification of any abnormal bacteria, yeast or parasites will be key to your recovery. The test required to identify these organisms can be ordered from my office and will include all instructions necessary to make the collection. The lab will identify levels of good bacteria, any harmful bacteria, yeast and parasites. The beauty of this test is that the lab, once an abnormality is discovered, will then grown that organism from your sample and apply natural anti-microbials in the lab to see what will kill them. I then get a report that tells me what to use to eliminate the organisms.

Again, a month or longer program to eliminate them will be required to assure your resolution of this condition. After we have gone through the elimination process, then a retest of the positive findings (usually less expensive than the first test should be submitted to make sure we have accomplished what we set out to do). After the retests, if no abnormalities are found you will then continue the original products that make up this program.

If you fall into the third and fourth set of patients, you will find that a specific food or foods are the culprits. You can experiment with certain food eliminations that I describe later in this article. If you find no relief with that approach, you will need to send out a food allergy test to get an exact list of foods that you cannot tolerate. I receive a report on this within 2 weeks.

As you can imagine, it's still not just that simple. There are a couple of other circumstances that might occur:

1. It is possible that you have both types of bacteria (aerobic and anaerobic) and you will need to go through both protocols to get rid of them and to begin to feel better.
2. Remember that I mentioned in the section on improving digestion that you may have some discomfort from the pancreatic enzymes and the hydrochloric acid (from beets). This may mimic the uncomfortable feelings (pain) in your stomach and should be discontinued. This happens usually in patients with a history of gastritis or ulcers. Stop taking them if you become uncomfortable. Try a product called Slippery Elm instead.

You now have all the tools, except for my regular input, that you need to resolve IBS. We have discussed why you have the condition, what you are going to do about it (products and dietary changes), what reactions you might have and what to do about them. Let's now describe a simple step-by-step thought process that will help duplicate what I go through in my office to eliminate all symptoms and then discuss what you can reasonably expect from this program and how to order your products from my secure online store.

Step-By-Step Process of Thought

Here's a review of the thought process that I put into play in my office when dealing with patients with stubborn symptoms. I follow this plan with each patient and the answer is always found within these steps. Work through these ideas in order:

1. If you can say that you have gas and/or bloating and/or burping and/or stomach discomfort (any or all of these symptoms) occurring within 30-45 minutes after beginning a meal and, in some people, before they leave the table, you have an anaerobic bacterial problem that must be resolved before you begin taking the Ultra Clear Maintain. Do the dietary changes and order all products except the Ultra Clear Maintain and, additionally take Parex, Nilstat Oral, Flagyl and Ultra Probioplex. You will need 2 bottles of each. After 1 month, add the Ultra Clear Maintain. A small percentage of people will need to take the Ulcinex and Candibactin BR for 2 months.
2. If you do not have those complaints or you have resolved the anaerobic bacterial problem, you may begin with all the products and make dietary changes as directed in my article and sit back and see what happens.
3. If after beginning the Ultra Clear Maintain you experience additional gas and/or bloating (you will know in 2-3 days), you will need to submit a stool sample because the additional gas and/or bloating means that you have something living inside you that needs to be eliminated. The test kit can be obtained from my office, a sample is collected, sent to the lab and if an abnormality is found, you must take either a prescription antibiotic/anti fungal or all natural herbs that the lab recommends to eliminate these organisms. Take all products except

the Ultra Clear Maintain while you take the prescription (as directed by your physician) or all natural herbs (for minimum of 1 month) and remember to retest to make sure the organisms are gone. Very important: You must take the Probex while you are attempting to eliminate these organisms.

4. If you did not need a stool sample or you have resolved the findings of a stool sample and you still have symptoms such as gas and/or bloating and/or stomach discomfort, further dietary restrictions need to occur. First we make sure that you're following the primary dietary suggestions properly. They are Dairy Detective, No Gas Causing Foods, and No Liquids During Your Meals or for 1 Hour After (descriptions found in my article). The no dairy rule cannot be broken and if you have only eliminated all dairy by 85%, you still might not see any improvement. Please read all labels for milk, cheese, lactose and whey.
5. If you are true to the No Dairy rule and still have symptoms, then fructose needs to be removed along with the dairy. Fructose is contained in fruit, anything sweet (table sugar, honey, molasses, maple syrup etc), corn syrup, beets, carrots, peas, onions, tomatoes, eggplant, sweet potatoes and winter squash (acorn, buttercup, calabaza delicata, hubbard, spaghetti, sweet dumpling and turk's turban). You should know if this is effective within 2 –3 weeks, sometimes less.
6. If fructose doesn't seem to be the culprit, the next food group to be eliminated is gluten containing foods such as wheat, oats, barley and rye. In the ingredient listings, look for gluten, wheat, oats, barley, rye and modified food starch. Don't eat dried fruits (they are coated with flour to prevent sticking) and anything associated with the word malt, because it is derived from barley.
7. If none of these suggestions eliminate all your symptoms, you are in need of a food allergy test done through blood work.

ADDITIONAL THOUGHT: If you use NutraSweet, aspartame or Equal, did you know that the FDA publishes a list of the most common side effects associated with the use of this product: stomach cramps is No. 5 and Diarrhoea is No.7! Eliminate this product!

Additional Thoughts

Anxiety/Stress does not cause Irritable Bowel Syndrome. I get asked this question all the time as if the patient is looking for a reason that they can't be cured. They do know one thing: Each time they get anxious or experience stress, their symptoms rise up and smack them. Therefore they draw a conclusion that anxiety/stress causes IBS. It doesn't, it only exacerbates an already unhealthy gastrointestinal system. Think of it this way, I don't screen my patients at my front door to determine how much stress is in their lives or how anxious of a person they are. What the patient will notice as

they go through my program is that life will still present all of the challenges they are used to and they will still react the same way, anxiously, but their gut will not express itself with the same uncomfortable symptoms as before. As explained earlier, imbalances in bacteria and chemistry are responsible for your symptoms, anxiety/stress only makes them worse if the imbalances are in place.

What if I get an infection and need to take an antibiotic? If you get to the point that you need the antibiotic, then by all means we will take one. But, if antibiotics were the cause of the problems in the first place by destroying your bacterial balance, then you must take Prohex (as described in this article) during the time you take the antibiotic and for one month after that. Some patients might need to take it for a bit longer than a month. Through this process you prevent entering into that vicious cycle of changes to bacterial balances leading to chemistry changes leading to symptoms.

Don't pick and choose your products or dietary advice. If you have come this far, through all the self-medications, prescriptions, tests, health food stores, magazine articles, books and friendly advice, I already know you're well educated in this area. But I also know that you haven't yet put together a comprehensive program for the eliminations of IBS. The foundation of the program applies to everyone and consists of Prohex, Ultra Clear Maintain, Azeo-Pangen, Metagest and Mintec. You will also need the Lipogen if you have lost your gall bladder. The Big Three dietary advice needs to be taken seriously and you need to be true to yourself and follow it 100% in order to see if it applies to you. Don't cheat, use that same discipline you use in other parts of your life. You won't regret it.

What does the future hold if you find that you can't tolerate a specific food very well? It means at least you know what is causing the problem. Does it mean that you can't ever have that food? Only if you want to avoid it. Prior to beginning this program, you didn't have a clue as to what caused your problems. Now at least you have an answer and you also will have a choice: If I eat that food, I might get a little uncomfortable later or I can avoid it altogether. How about a combination. Avoid it most of the time, but once in a while You decide.

If you're constipated. Surprisingly, many people don't drink enough water. Constipation is usually hard faecal material that doesn't move well through the intestines causing bowel movements to be days apart or hard to pass or a combination of both. Do you know what the large intestine is designed to do? It is a storage organ and it also regulates the amount of water in the faecal material. Too little and you're constipated, too much and you have diarrhoea. If you don't drink enough water (Yes, that means 6-8 glasses per day) you may be in a constant state of dehydration. There are some very important organ systems dependent on water for maintaining your life. How about the brain? How about your heart? There are others also. If you don't take in enough water, the body is very smart. It will take the water from wherever it can get it. From the bowel is the easiest place. This then creates a hard stool that will either occur infrequently or will be hard to pass. Getting enough water everyday may be very helpful as you rebalance the bacteria and chemistry of the gastrointestinal system. Additional causes of dehydration are also any drinks that contain caffeine (coffee, tea, soft drinks), which is a diuretic and forces water out of the body. How

many of you are also taking a diuretic along with your blood pressure medication? You all need additional water.

Let me scare the ladies out there just a little bit. Have you ever seen an older woman who has lost some of her height? Lessen in anatomy: You have 24 spinal vertebra in your back. Each vertebra is separated by a disc. Each disc is made up mostly of water. If you are in a constant state of dehydration, remember the body is very smart and will get water from wherever it can.

Imagine if you lost only a 1/32 of an inch due to dehydration in each spinal disc. You would lose 3.4 of an inch in height. Drink your water!

If your excuse for not drinking enough water is because you work in an environment where you can't run to the bathroom whenever you want to (I've heard them all, haven't I)? The solution for you is to drink small amounts frequently. If you drink large amounts at a time the body only needs so much and you will have to excrete what you don't need at that time. If you drink small amounts at a time, the body will use it for your normal processes and not have excess to excrete. And you won't have to run to the bathroom. Drink your Water!

While we're on constipation, consider that one of the reasons that a bowel movement is stimulated at all is the weight of the last meal. Eat something, it plops down into the stomach, is released and the weight at the top of the tube causes the body to release the faecal material at the bottom of the tube. Simple design, huh? Women, yes I'm picking on you gals, because you all tend to eat less than men. Women tend to be afraid of calories (they think it will help control their weight.... It only works to a certain degree, but that's another 30 page article) and therefore eat less at each meal thereby not putting much weight on top of the tube, the body isn't stimulated to release and it promotes constipation. Eating many small meals instead of 3 good sized ones may be bad for you if you're constipated.

Are you drinking tap water? Are you still drinking tap water? You of course know it contains chlorine, right? We all have bacteria living in our gastrointestinal system, right? IBS is caused by destroying the bacteria living inside us, right? Chlorine is put in the water to kill bacteria. Hmm?... just a thought.

What to Expect From this Program.

Once again, everyone is different. One thing is for sure: You will see a positive impact on your health and quality of life!

Here are the changes that you can realistically expect if you don't experience any reactions or stubborn symptoms:

1. Gas and bloating, heartburn, reflux and indigestion should disappear in a few days.
2. Diarrhoea and constipation should change to a more solid, consistent and well-formed bowel movement within a couple of week if not sooner. With constipation, it might be harder to see a quick change, though I have seen it happen in a couple of weeks.
3. Other symptoms such as fatigue, inability to sleep, headaches, mild depression, asthma, skin rashes, eczema, psoriasis, chronic infections and allergies will also begin to change slowly because you are slowly getting healthier. Your body is healing all by itself.

Here's why all of this happens. Look at the changes you are making to your life. You are changing your diet, eating more of what is good for you and less of what isn't. That alone has the potential to make a person healthier. When you add in the therapeutic products that I have described to you, you suddenly have a complete program that has even greater potential to allow your body to heal itself. All we are doing is removing the interference that has caused your body to rebel and scream at you to please do something different. You have now changed your lifestyle.

The short-term therapeutic products that I have mentioned are only just that, short term. They are not necessary forever. The changes that you have made to your eating habits hopefully are temporary. After you have restored the proper balance in your gastrointestinal system, don't go back to all your old ways. Restoration of health is all about lifestyle change. Learn this new lifestyle and never go back. Your lack of health was caused by your lifestyle, don't repeat it.

I also don't want to give the impression that this is all that I do for my patients. I have described for you the foundation of the program that I design for Irritable Bowel patients. As I get to know the patient, or if there are other health issues, I may add additional protocols or use other products. In any event, adopting what you have learned here will make wonderful changes and your health will change... for the better!

How to Order Products

Here are the products that we have already discussed that you will use to resolve IBS/IBD. The programme runs for a 3 month period initially and I recommend a review every two weeks in my office to follow your progress and make adjustments to your schedule as required.

Patient IBS Product Schedule

1. Probex
2. UltraClear Maintain Plus
3. Meta EPA liquid
4. Azeo-Pangen
5. Metagest
6. Mintec

Three months on UltraClear Maintain Plus, Probex, Azeo-Pangen, Metagest, Mintec.

How to Take Your Supplements

1. Take Probex on an empty stomach and please keep it refrigerated.
 - One capsule twice a day. If you have diarrhoea, please double this dose for 5 days.
 - This product re-establishes bacterial balance in your GI tract.
2. Take UltraClear Maintain as mid-morning and mid-afternoon snack or before meals.
 - One scoop twice a day
 - UltraClear Maintain heals the GI tract and restores chemistry.
3. Take Meta EPA liquid
 - One teaspoon daily
4. Take your digestive enzymes before or after each meal as indicated:
 - Azeo-Pangen - one immediately before each meal is best. If you forget, you may take within 30 minutes after beginning the meal. These are pancreatic enzymes.
 - Metagest - one immediately before each meal is best. If you forget, you may take within 30 minutes after beginning the meal. This is hydrochloric acid from beets.
 - Lipogen – If you do not have a gallbladder you will need to use Lipogen. Take immediately before each meal is best. If you forget, you may take within 30 minutes after beginning the meal. For fat digestion. Use if you have lost your gall bladder or have trouble digesting fats.

5. Mintec. Take this soothing oil of peppermint used for cramping and bloating and as an antispasmodic:
 - One immediately before each meal is best. If you forget, you may take within 30 minutes after beginning the meal.
 - Take all of the above products except Lipogen, as the foundation of the IBS program. Use Lipogen only if you have lost your gall bladder.
6. If you are constipated, take Metafibre mixed in with UltraClear Maintain.
 - One scoop twice a day
7. If you are having allergic reactions based on the explanation of HISTAMINE found elsewhere in this article:
 - Zertec: 2 tablets, 2 times per day. Each bottle last 15 days. Try for at least one month.

Or

 - Luteolin: 2 tablets, 3 times a day

Unsolicited Advice

We have discussed everything that you need to completely resolve your IBS. But I am a holistic physician. To me, that means that I'm concerned about the "whole" Patient. So, I have some additional advice that you didn't really ask for, but I think it's important that you at least know about. These are some simple suggestions that everyone ought to be able to incorporate into their lifestyle. If you can't, don't worry, these aren't important for you to get over IBS, just important for you to be able to express your health to its fullest. And please remember one thing: The following advice if just advice for a healthier lifestyle, it is not part of the program for eliminating the symptoms associated with IBS. Don't confuse the two.

Pure Water

One of the simplest health suggestions that can be made, although I am always surprised by the number of patient in my clinic who admit to drinking very little water, is to drink 6-8 glasses of water per day. This creates another question: What type of water? The best water is the purest. This is water without chemicals, bacteria or minerals. What, no minerals? That's right. Your local tap water does not qualify on all counts. Tap water is treated with too many chemicals, especially chlorine. Bacteria generally are not a problem, but can be. Therefore, distilled or Reverse Osmosis water is the best. I know, you're still thinking about that comment about no

minerals, right? I'll get to that in a second, but first, let's define distilled and Reverse Osmosis water.

Water is distilled through a high heat process. It can be done in large plants or using small machines in your home. When you heat water high enough it turns into steam. The high heat kills all bacteria. When steam is created, the chemicals also vaporize and are vented out. This leaves pure water in steam form that when cooled is collected and results in pure drinking water: no bacteria, no chemicals. The absolute best water you can drink. If you don't want to distil your own, you can buy it at the local grocery store in gallon jugs.

Reverse Osmosis water is about 99% as pure as distilled. In this process, water is pushed at high pressure through a series of filters that remove all bacteria and chemicals. This is again accomplished in large plants or you can buy a unit for under the sink at home and use it for drinking and cooking. There are also in-store units at some grocery and health foods stores, where you can bring your own jug to fill. Second best to distilled, but equivalent enough to not be concerned about which to use.

The small home filters that attach to your tap, or the counter top pitchers with filters in them are a waste of time. If it is your only option, it's better than tap water, but not nearly as good as distilled or Reverse Osmosis.

Let's get back to that no mineral comment. Rainwater is distilled. It hits the earth, runs through soil, over rocks and picks up minerals. This is what tap water or bottled spring water contains. The minerals that are in this water are more difficult for your body to absorb than the minerals found in plants. How come? The reason has to do with photosynthesis. Remember, in primary school, 30, 40 or 50 years ago, we studied that? A plant absorbs water from the ground and brings it up into its root system, stalk, branches and leaves. When the sun shines down on the plant, photosynthesis creates chemical changes in the leaves, converting nutrients into useable food for the plant. One of the changes pertinent to our discussion is the chemical conversion of minerals. The minerals found in ground water are not as absorbable as the minerals that have undergone the photosynthesis in the plant.

Therefore leave the spring or tap water minerals alone and get your minerals from plant material and proper supplementation, which if high quality, are also better absorbed. The controversy about this position is that many experts will say that distilled or Reverse Osmosis water will leach minerals out of the body. They are completely right. But you only have half the story. If you eat a plant-based diet and take high quality vitamins and minerals, the amount leached out is insignificant compared to what you are putting in. It's a non-issue.

Fats and Oils

Are you worried about your fat intake? Do you count fat grams? If you do, you are probably doing yourself a disservice because too little of the right fats can also be bad for you. But what are the right fats?

There are three types of fats: Saturated (from animal products), poly-unsaturated and mono-unsaturated (from plants). Saturated fats as a small portion of your total fat intake are healthy. Mono-unsaturated are the best, necessary for optimal health and poly-unsaturated are better than saturated, but are not quite as healthy as mono-unsaturated.

Any oil that is hydrogenated or partially hydrogenated should be avoided completely. You will be surprised when you begin to read labels how much hydrogenated or partially hydrogenated oil is used in your food. Again, we are back to my comment about eating foods that are as nature intended them to be. Hydrogenated oils are not as nature intended them to be. Technically, they are oils that have had a molecule of hydrogen added to them. This makes them solid and it also makes them unrecognisable by the human body. OK class, what happens Next? These new molecules make their way into the bloodstream, the immune system reacts, HISTAMINE is released and we're back to the same old story I have described a few times here already.

The best oil to use is olive oil. It is mono-unsaturated. Use it for cooking and for salads. Occasional use of sesame oils or other poly-unsaturated oils for special dishes is OK once in a while.

A group of oil that have tremendous benefit to the human body are called Omega 3 oils. They are most easily found in fish. How many of us have parents or grandparents who took cod liver oil every day. They were on the right track, although we now understand the biochemistry of why it was a good thing to do. Flaxseed oil or eating flaxseed everyday also provides Omega 3 oils.

The importance of these oils can't be underestimated because they participate in biochemical events that are extraordinarily important for any patient experiencing pain. In a nutshell, it is important to know that in the human body, there are compounds called prostaglandins. Big name, right? The name isn't important, it's important to know that there are two kinds of them, those that eliminate pain. Guess which ones are produced by eating the right kinds of oils? That's right, the ones that eliminate pain. That means olive oil, canola oil, almonds, fish oil and flaxseed oil. There are other, but these are the main ones. How many of you suffering from Irritable bowel incorporate these into your diet on a daily basis?

The addition of a fish oil supplement may also be wise. Many people have begun to use flaxseeds or flax oil, knowing how good they are for them. It may be better to use the fish oil because some people have an impaired ability to convert the oils found in flaxseeds into the next biochemical compound, which is the same found in fish oil. Eating fish or taking a fish oil supplement is always a better choice than flax.

And stay away from products (mostly chips) that contain olestra. This is a synthetic fat substitute that the human body doesn't absorb, but causes two problems. Right on the label is a warning that the use of this product may cause gastrointestinal problems, specifically abdominal cramping and loose stools in some people. Aren't we talking about that subject? The warning continues that the product may inhibit the absorption of some vitamins and other nutrients. So just in case, they have added Vitamin A, D,

E and K. Artificial vitamins no less and the least expensive, poorest quality they can buy. Does this sound like a food products that you want to use?

Sugar and Artificial Sweeteners

We all love sugar don't we? It's a drug, you know. It causes a dependency, a craving. That's not good. For our purposes in this section, suffice to say that sugars add empty calories to your diet without any nutritional contribution. It also makes you fat. It contributes to Insulin problems and potentially diabetes. You should stay away from it, especially refined sugars such as pure cane sugar and brown sugar.

Guess what's worse? That's right, artificial sweeteners. We have already discussed that in order to get well you should eat only foods as nature intended them to be. Artificial sweeteners don't fall into that category.

The worst culprit of all is aspartame, also called Nutra Sweet and Equal. Clinical experience shows that if you have headaches, and drink diet sodas and eat other foods that contain these products, the headaches go away by eliminating them from your diet. There is anecdotal evidence that these products cause petit mal seizures (that's when you black out for a split second), and is linked to MS, Parkinson's Alzheimer's and many other neurological disorders. Everyone should eliminate this toxin, but if you have any trouble in these areas, you may notice extraordinary changes. In alternative medicine, these products have been widely viewed as central nervous system toxins. In other words, they may cause complications to the brain that you may or may not notice. These products are to be completely avoided.

REPEATED ADDITIONAL THOUGHT:

If you use NutraSweet, aspartame or Equal, did you know that the FDA publishes a list of the most common side effects associated with the use of this product: stomach cramps is No. 5 and Diarrhoea is No. 7! Eliminate!

Please use the section titled, "How to Take Your Supplements" as a reminder to keep on your counter to tell you how to take your supplements. The following section might be placed on your refrigerator so that at a quick glance you can be reminded how this happened to you and what we are doing about it.

Refrigerator Page Summary

WHY?

1. Your lifestyle got you here... antibiotics, prescriptions and over-the-counter medications, diet, alcohol and stress.
2. Symptoms are your body's way of communicating with you that something's wrong.

3. Your gastrointestinal system plays a major role and without its proper function, you can't be healthy.
4. Improper gastrointestinal function is diagnosed by the presence of ANY uncomfortable symptoms associated with your gastrointestinal system.
5. Antibiotics, non-steroidal anti-inflammatory medication, other self-medications and poor food choices contributed to this loss of proper gastrointestinal function.
6. Antibiotics are the main cause!
7. Leading to loss of beneficial bacteria, chemical imbalances, inflammation and Leaky Gut.
8. Inflammation (Leaky Gut) leads to your immune system generating HISTAMINE.
9. HISTAMINE release causes allergies, sinus drainage, stuffiness, red eyes, headaches, pain and inflammation, skin rashes, hives, possibly contribute to psoriasis and eczema, anaphylactic shock and asthma. This is also caused by food allergies.
10. Dairy products are the number one food allergy and its elimination may have staggering positive results for you. You are probably allergic to other foods as well.
11. Permanent lifestyle changes and Dr. Froomes guaranteed program restores health.

HOW?

1. Improve your diet, No dairy, gas causing foods or liquids with meals or for 1 hour after.
2. Improve digestion and eliminate symptoms with the addition of digestive enzymes.
3. Add new bacteria with a high quality bacterial supplement.
4. Eliminate inflammation (Leaky Gut) and feed the tissue with medical nutritional foods designed specifically for IBS.
5. Additional supplementation based on your unique health history including high quality multi-vitamins and minerals.
6. Disciplined dedication to accomplish your health goals.

