



IRRITABLE BOWEL SYNDROME (IBS)

Nutritional Support Protocol

Lifestyle Recommendations:

1. Food sensitivity and gut dysbiosis testing via the DFH Comprehensive Metabolic Profile are highly recommended.
2. Keep a food log and track symptoms.
3. Avoid coffee and alcohol.
4. Avoid spicy foods such as hot Indian dishes.

Dietary Recommendations:

1. Do not consume foods you are allergic or sensitive to.
2. Rotating foods every fourth day may be necessary.
3. Avoid diet drinks and all artificial sweeteners. Replace sugar with the polyol sugar xylitol and titrate up dose.
4. Salads and raw vegetables may be difficult to tolerate. Use PaleoGreens and PaleoReds to get in your fruit and veggies.
5. Especially helpful foods are applesauce, freshly ground flaxseed meal, wild cold water fish and bananas.

Supplement Recommendations:

In addition to the core nutrient program recommended by your Health Care Professional and/or from the results of your most recent Designs for Health Metabolic Profile:

IB Synergy:	2 capsules per day on an empty stomach
Tegricel Colostrum:	1 capsule twice daily before meals
GI-Revive Powder:	1 teaspoon in 4 oz water, 1-2 times daily
Probiotic Synergy:	1 sphere with each meal or 1 tablespoon of powder per day

If severe constipation persists add:

PaleoFiber:	1 tablespoon with each meal and <u>increase</u> water consumption
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If symptoms persist:

Aloe 200x:	1 with each meal, 3 per day
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Additional requirement if GI infection is present: (Confirm with GI Effects Stool Analysis from Metamatrix Labs 1-800-221-4640)

GI Microb-X:	2-3 caps three times daily on an empty stomach for 4 weeks.
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