



Diet plays an important role in treating IBS

“Help! I’m suffering with IBS”

Three alternative health practitioners offer their advice on this debilitating and often distressing problem

Q I suffer with intermittent bouts of diarrhoea, constipation, stomach cramps and flatulence which have been diagnosed as IBS. How can I ease my symptoms?

Nutritionist

Angela Falaschi says: IBS is an inflammatory condition of the large intestine. Symptoms are due to irregular intestinal



contractions that interfere with pushing foods through the bowel. If the contraction is stronger it causes diarrhoea; if it is slower it results in constipation.

Check for food allergies and if the symptoms persist consult your physician. Diet plays an important role in treating IBS. Have a wholefood diet, with ‘good’ fat. Use rice bran on your breakfast and include lean protein. Superfoods are advisable and include aloe vera, alfalfa, chlorophyll and sprouts.

Steer clear of large meals – little and often is easier on the digestion – and try not to eat wheat, yeast and processed foods too often. Avoid coffee, tea and alcohol and don’t eat too quickly – it’s important to chew your food well.

If you suffer from an excess of gas or flatulence, avoid foods like beans and other legumes or milk (for some people).

Allergy testing can benefit some IBS sufferers, by checking for intolerances and toxin levels. I use the Quantum Medical System (QMS), which channels electric impulses through the body into a computer.

For a consultation with Angela Falaschi at The Hale Clinic, call 020 8492 0689 or go to angelaFalaschi.com

Ayurvedic practitioner

Sebastian Pole says: Ayurveda considers that the digestive system is at



the centre of your health. It is the strength of your digestive fire that will allow you to digest your food, nourish immunity and give you energy. In treating the symptoms of irregular bowel movements, cramps and flatulence I would recommend three things: adjusting your diet, taking digestive tonic supplements and incorporating a daily relaxing breathing practice.

Firstly remove any yeast and sugar. These cause fermentation, which result in flatulence, and can upset bowel habits. If there are any other foods that you suspect, like wheat or dairy, remove those too. But don’t just take things out of your diet, make sure you add easy-to-digest soupy cooked foods like rice and steamed vegetables.

Digestive teas containing peppermint, fennel or aniseed help to stop cramps and reduce flatulence. A supplement called Asafoetida Plus calms the digestion by increasing its ability to absorb food and relax the intestines. Finally, use a simple breathing practice to relax your whole system.

Sebastian Pole is an Ayurvedic practitioner and Herbal Director of Pukka Herbs (pukkaherbs.com). Call 0117 964 0944 or visit herbalayurveda.com for more info.

Hypnotherapist

Victoria Wills says:

Hypnotherapy reduces your stress and anxiety levels and so reduces any stress-related



symptoms. Try the following technique every day and your IBS symptoms should ease soon:

Find a quiet place and make yourself comfortable. Begin by focusing on your breathing – notice your breathing becoming slower and deeper, moving down towards your stomach. Then focus on relaxing the muscles at the top of your head, releasing any tension and stress. Move on to the muscles in your neck, your shoulders, down your back, down your chest and into your stomach. Move through your body, relaxing your muscles slowly and releasing any tension until you reach the very tips of your toes.

Focus on the ease of your breath as it passes in through your nose. Your breath is like a river flowing through your body. Your bowel is also like a river. Imagine your bowel as a river flowing freely. If there are boulders or rocks that are blocking the path of the river, watch the water gliding easily around them almost as if they are not there. The river is flowing just as it should and your bowel is just like the river.

Victoria Wills is a hypnotherapist and NLP practitioner and Director of Hypnotherapy at the UK’s only boutique bootcamp NuBeginnings.