

Irritable Bowel Syndrome (IBS)

Causes: Irritable Bowel Syndrome (IBS) symptoms usually include abdominal discomforts (often waxing & waning), gaseousness, periodic abdominal bloating, diarrhea alternating with constipation

Notes:

If fungus is the biggest problem, the first step is to identify from where in the home or workplace the fungus is coming, then to stop the ongoing water source for the fungal growth, then have a remediation specialist remove mold-contaminated building materials & replace them with new materials, then to clean the air of the building with HEPA-charcoal filters, then to start a program to get fungus out of the paranasal sinuses, gut & body.

DOSING- PRODUCTS CAN BE TAKEN TOGETHER



15 drops before meals & 30 drops at bedtime can reduce the stress causes of IBS.



For constipation, can try 2000mg of Nutramedix Vitamin C and one capsule of Magnesium malate orally every hour.



AMANTILLA
15 drops

Zyto Evox sessions with a skilled Evox therapist can be VERY helpful in resolving IBS symptoms.



VITAMIN C
2000 mg



MAGNESIUM MALATE
ONE CAPSULE

Notes:

If fungus in the gut is not the primary cause of the IBS symptoms, you might try **Nutramedix Mora** plus the ethanolic tincture of the green hulls of the **Black Walnut** (about 30 drops of each twice daily for a 120-140 pound person and proportionally less or more for someone lighter or heavier).



30 drops of each twice daily for a 120-140 pound person and proportionally less or more for someone lighter or heavier



15 drops in 2 ounces of water orally every 15 minutes



MORA
30 DROPS

If one takes **Mora** or **Black Walnut**, they might notice **Herxheimer reactions**, in which case 15 drops of **Nutramedix Burbur+Pinella** in 2 ounces of water orally every 15 minutes will often resolve the Herx in 1-2 hours.



OTHER PRODUCTS

Hot peppermint leaf tea or peppermint oil orally has been helpful for IBS in some patients irrespective of the cause.

Hot tea made from crushed fennel seeds has been helpful for gas & cramps in IBS patients irrespective of the cause.

Magnesium Malate If the fingers are cooler than those of other people, may help the gut spasms & constipation.

Infrared heating pad: treatment of the abdomen may reduce IBS symptoms.

Stress-reduction techniques before every meal, before every bedtime & whenever stressed can help IBS.

For diarrhea, can take one rounded teaspoon of **pure organic acacia gum powder** in water 2-4x/day.

ALSO RECOMMENDED

Drink 3-4 liters (quarts) of water daily (clean mineralized, not distilled or reverse osmosis). Avoid known and suspected food allergens as well as meats, dairy, and grains all of which produce acidity.

Diet: Avoid coffee, other caffeinated products, alcoholic beverages, sodas, artificial sweeteners, MSG. Take organic soluble fiber supplements (acacia gum, guar gum, rice soluble fiber, slippery-elm bark, psyllium). Reduce fats (fried foods, salad dressings, oils, mayonnaise, all dairy products, nut butters, beef, bison, pork & meats from sheep, goats, deer) & eat instead skinless chicken breast, turkey breast & baked bony white fish. Limit or remove egg yolks from diet but can have chicken egg whites if not allergic to chicken eggs (if so, try duck egg-whites or turkey egg-whites or guinea egg-whites).

Avoid solid carob & solid chocolate but can have carob powder & 100% cocoa powder for cooking.

Try eating more foods with soluble fiber (rice, gluten-free oatmeal, quinoa, amaranth, millet, bamboo shoots, potatoes, carrots, turnips, beets, squash, pumpkin, chestnuts, hazelnuts, sunflower seeds, mushrooms, peeled cucumbers w/o seeds, peeled tomatoes w/o seeds; pressure-cooked black beans, pinto beans, kidney beans, navy beans; peeled pears; peeled nectarines; peeled apricots; peeled peaches; peeled mango; peeled Kiwi-fruit; peeled papaya).

Reduce the amount of foods with insoluble fiber & always eat insoluble fiber foods WITH soluble fiber foods.

If eating more soluble fiber foods (and eating much less insoluble fiber foods, egg yolks, fatty foods and the #1 items above) causes no improvement after a few weeks (or a worsening of the IBS symptoms), then fungus in the gut is probably the biggest problem (in which case, there is usually mold/fungus in the air of the home or workplace).