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IBS Cookbook

FOR
DUMMIES®

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- Know which foods trigger your discomfort
- Make a smooth transition to an IBS-friendly diet
- Eat optimally for your intestinal health
- Create the ultimate IBS-friendly kitchen

Carolyn Dean, MD, ND
L. Christine Wheeler, MA
Authors of IBS For Dummies



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FOR
DUMMIES®

**by Carolyn Dean, MD, ND,
and L. Christine Wheeler, MA**



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About the Authors

Carolyn Dean, MD, ND, is known as “The Doctor of the Future,” but it began in her teens when she read all the health literature she could get her hands on. When no one wanted to take her advice about nutrition and exercise, she decided to become a doctor — then they’d have to listen! She graduated with her MD in 1978 from Dalhousie University in Halifax, Nova Scotia, did her internship at Mount Sinai in Toronto, and graduated from the Ontario College of Naturopathic Medicine (now the Canadian College of Naturopathic Medicine). She has been dedicated to the practice of natural medicine and helping patients and clients take charge of their health ever since.

Carolyn is the author and coauthor of 18 books, including *IBS For Dummies* (Wiley), *The Magnesium Miracle* (Ballantine Books), and *The Yeast Connection and Women’s Health* (Square One Publishers). Carolyn offers an online newsletter and a 48-week Internet health program called *Future Health Now!* Her goal isn’t about telling people to take handfuls of supplements; it’s about diet, lifestyle, and cultivating a great attitude!

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Dedication

Carolyn places dedications on the heads of Bob and all her new friends on Maui who have made writing a book in paradise quite blissful.

Christine dedicates this book, and any words she writes, to Ken.

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Introduction

If you picked up this book, that means you are ready for a change. How many times have you said to yourself, I really want to find out what foods my body loves; I really need to clean up my diet; I really don't need to eat all this junk food; I know what makes me feel worse and I keep on doing it? We feel your pain; you are not alone. But you'll find this book to be an easy and even fun way to explore a new way of eating for your IBS.

A lot of people struggle with IBS at some point or the other in their lifetimes, so you're not alone in your quest for IBS solutions. Both of us have had many bouts of IBS over the last 20 years, but we're both able to control our symptoms by avoiding wheat, limiting dairy and sugar, and doing Emotional Freedom Techniques (EFT) for the stress and emotional factors that can contribute to IBS. With our training (Christine's in EFT and Carolyn's in medicine and nutrition), and the fact that we both fancy ourselves as comedians, we hope to give you a memorable resource with creative ideas for what to eat and how to cook it in order to keep IBS at bay. For example, we advise eating organic foods if at all possible. Genetically modified grains, corn, and soy seem to be the wave of the future, but these genetic experiments are associated with gut disturbance in animals. The only way to avoid them is to buy organic. As you find out about IBS-friendly food, we assure you that you'll be able to befriend food again.

About This Book

We've written *IBS Cookbook For Dummies* as a companion to *IBS For Dummies* (Wiley). But here we take a closer look at the role food and food preparation can play in both triggering and managing your IBS. Our goal is to show you that not all foods, or even all foods you may expect, are off limits — you just have to know your individual body to recognize what it can and can't handle.

You don't have to read this book from start to finish — unless you want to, of course. (When we read a *For Dummies* book, we go straight to the cartoons at the beginning of each part. Then when we're laughing we know we're in the best frame of mind for learning!) Jumping around in a *For Dummies* book is great exercise, so we've set it up so that you can start reading this book anywhere you want. Simply look over the index or table of contents and then proceed to the chapter that tells you exactly what you need to know.

By the way, we take full responsibility for all jokes, puns, silly alliteration, and bathroom humor. It's the part of the job we love most.

Conventions Used in This Book

The following conventions are used throughout the text to make things consistent and easy to understand:

- ✓ All Web addresses appear in `monofont`.
- ✓ New terms appear in *italics* and are closely followed by an easy-to-understand definition.
- ✓ **Bold** highlights the action parts of numbered steps as well as keywords in some bulleted lists.
- ✓ IBS-D stands for IBS-diarrhea, and IBS-C stands for IBS-constipation.
- ✓ When you see the acronym *SCD*, it stands for the Specific Carbohydrate Diet™, which is specifically formulated for intestinal conditions. You can read more about it in Chapter 3.

Here are a few more conventions that apply to the recipes:

- ✓ Eggs are large.
- ✓ Pepper is freshly ground black pepper unless otherwise specified.
- ✓ Butter is unsalted.
- ✓ Sugar is granulated unless otherwise noted.
- ✓ Stevia is a natural noncaloric sweetener.
- ✓ All herbs are fresh unless dried herbs are specified.
- ✓ All temperatures are Fahrenheit. (Check out Appendix A for information about converting temperatures to Celsius.)
- 🍅 If vegetarian recipes are your thing, look for recipes preceded by this tomato icon, which signals that a dish contains no meat.

Many cookbooks pride themselves on including esoteric ingredients they gather from all parts of the globe. Not us; you can find all our ingredients in your local grocery store, health food store, or online. We pride ourselves on having contributing chefs, cooks and food lovers who have provided us with IBS-friendly recipes that will appeal to your taste buds no matter what your stage and degree of IBS. Some recipes will provide more guidance than others but we think each one will be easy to follow whether you are a cooking maven or newbie.



We've tried our best to make these recipes as consistent with each other as possible, but they do come from several different sources, so they may not all have the same level of detail or guidance.

What You're Not to Read

We'd love you to read every word of our book, but if you just want to get in and out with the info you need, we flag some interesting but nonessential information that you can skip if you're in a hurry. You can come back to it later on as you become addicted to our lovely book.

- ✔ **Text in sidebars:** *Sidebars* are shaded boxes that usually give detailed examples or stories about our IBS clients with all the personal data removed so they won't be embarrassed and we won't be sued.
- ✔ **Anything with a Technical Stuff icon:** This icon indicates information that the scientist in you would love but that isn't necessary on the first reading.
- ✔ **The stuff on the copyright page:** No kidding. You'll find nothing of interest here unless you're inexplicably enamored by legal language and Library of Congress numbers.

Foolish Assumptions

We can actually be quite accurate with our assumptions about who is reading this book because we've both suffered the symptoms of IBS. You may not identify with every one of the following descriptions, but if even one of them makes sense to you, this book is for you:

- ✔ You've seen umpteen doctors and given them your money, time, and parts of your dignity, but none of them have given you relief.
- ✔ You're looking for support and reinforcement because those around you think your problem is in your head, not your bowels.
- ✔ You have to wake up at least one hour earlier than you want to in the morning to make sure your gut isn't going to play any tricks on you on your drive to work.
- ✔ You're tired of missing every important family gathering, or spending them in the bathroom.
- ✔ You've become a genius at covering up abdominal pain that would take down a Marine.
- ✔ You find yourself gazing longingly at the incontinence products in the drugstore.
- ✔ You know someone with IBS and want to be able to provide support (and possibly snacks).

How This Book Is Organized

Earlier in this introduction, we mention our love for the cartoons that begin each part in a *For Dummies* book. Of course, the cartoons are just the tip of the iceberg. Each part is chock full of valuable information, so here we give you an overview of what information you can find in this book and where.

Part I: You Are What You Eat: Food and IBS

What goes in must come out, but when you have IBS you can't help but wonder what the foods you eat are doing along the way. This part helps you identify your symptoms and some simple ways you can treat them with natural medicines and foods.

You find out about foods that are thought to trigger IBS and how to determine what foods trigger you.

Finally, we show you how to transition to an IBS-friendly diet, clear your kitchen of unfriendly foods, and stock up on better options.

Part II: Eating For Your Intestinal Health

We're excited to share more than 100 recipes for every meal of the day as well as snacks, soups, salads, drinks, and desserts, including options that mimic some old comfort-food favorites so you can enjoy them again safely. We provide these recipes with IBS-friendliness in mind, but you can expect many of them to become favorites of the whole family.

Part III: Simple Solutions for Specific Situations

Some IBS circumstances require special considerations. For example, even just leaving the house can be a challenge if you have IBS, so here you get some great tips for eating safely when you can't be in your own kitchen, whether you're out with friends or headed to an event. Parents of IBS kids

can find a whole chapter of recipes and tips to help them help children make the transition to a more IBS-friendly diet.

Part IV: The Part of Tens

Some of the most important points in the book are condensed into these four chapters. They remind you to avoid certain foods and common eating traps, show you how to make the foods you do eat a little more digestible, and tip you off to the underdiscussed (at least in our opinion) problem of yeast overgrowth.

Part V: Appendixes

These four appendixes give conversion info for those of the metric persuasion, show you how to substitute more friendly alternatives to certain triggers, identify the fiber contents of many common foods, and help you find triggers where they may be hiding in foods and ingredient lists.

Icons Used in This Book

To make this book easier to read and simpler to use, we include some icons that can help you find and fathom key ideas and information.



This icon appears whenever an idea or item can save you time, money, or stress when taking care of your IBS.



Any time you see this icon, you know the information that follows is so important it's worth reading more than once.



This icon flags information that highlights dangers to your health or well-being.



This icon appears next to information that's interesting but not essential. Don't be afraid to skip these paragraphs.

Where to Go from Here

This book is organized so that you can start wherever you want and find cross references to other chapters for the complete story. If you're still feeling lost, we have a few suggestions about where to begin. If you want a primer on food and IBS or want to let your spouse or partner in on what's brewing in your gut, read Chapter 1. If you're ready for the recipes, dive into Part II to find out what's cooking. If you have a child with IBS, Chapter 15 is a good starting point.

Of course, you can always go straight through from start to finish. But be forewarned: When you see how much fun we had, you may find yourself reading the book from cover to cover, laughing uproariously at all our jokes.

Part I

You Are What You Eat: Food and IBS

The 5th Wave

By Rich Tennant



"Don't use that excuse on me, Wayne. Ain't no good reason why a man with IBS can't help himself to some of Earl's fried mealworms."

In this part . . .

Reconciling your body's need for food and your IBS's intolerance of many foods can be difficult, so in this part we help you break down your new eating plan. Chapter 1 gives you an overview of food's relationship with IBS. All IBS sufferers are different, so Chapter 2 helps you determine your own personal triggers, which can be the opposite of your best friend's. In Chapter 3, we help you transition toward an IBS-friendlier diet that's based on your needs; Chapter 4 shows you how to support that diet with a properly stocked kitchen. Finally, Chapter 5 gives you tips on calming your stomach when you have a flare-up despite your best attempts.