THE BLOOD SUGAR SOLUTION

10-DAY DETOX DIET

IRRITABLE BOWEL SOLUTION

MARK HYMAN, MD

Author of the bestsellers
The 10-Day Detox Diet and
The Blood Sugar Solution
Contents

INTRODUCTION .................................................................................................................. 3
IRRITABLE BOWEL SYNDROME: THE PROBLEM ................................................................. 5
IRRITABLE BOWEL SYNDROME: THE SOLUTION ................................................................. 9
  What to Eat ....................................................................................................................... 10
  Sample One-Day Meal Plan for the 10-Day Detox Diet for IBS ....................................... 12
  What to Buy: The 10-DAY DETOX SHOPPING LIST .......................................................... 13
  What to Take: Supplements .......................................................................................... 17
  What to Do: Other lifestyle factors ............................................................................... 18
CONCLUSION .................................................................................................................. 21
INTRODUCTION

Chronic disease affects half of all Americans and accounts for 84 percent of our $3.8 trillion health care bill. This would be depressing except for one simple fact: Most of these chronic illnesses are lifestyle-related diseases. That means they’re preventable, treatable and often even reversible through changes in lifestyle factors like diet, exercise, and stress.

More specifically, the food we eat (or don’t eat) is the single biggest driver of chronic illness – everything from heart disease to diabetes, cancer to dementia, arthritis to autoimmunity, and more.

Simply put, food can cause disease, but it also can cure disease.

That’s what the Padillas learned when they did The 10-Day Detox Diet (which they continued for 40 days) and moved on to The Blood Sugar Solution. After seven days Daniel Padilla was out of pain after suffering for 15 years on 15 different medications. After 40 days he was off his meds and felt amazing. And after one year he and his wife, Rebecca, had lost over 160 pounds.

Daniel didn’t need one diet for his rheumatoid arthritis, another for his high blood pressure, and yet another for his migraines. He simply needed real food – anti-inflammatory food, detoxifying food, blood-sugar-balancing food, in other words, The 10-Day Detox Diet.

A Pill for Every Ill

As a doctor trained in conventional medicine, I was taught there is a pill for every ill, which is how someone like Daniel ends up on 15 different medications. But those meds didn’t make him better. He was still sick and had what I call “F.L.C. syndrome” – that’s when you Feel Like Crap! Daniel didn’t believe food was related to how he felt, and no doctor ever suggested that food could play a role in any of his 15 different chronic diseases. But he was desperate and tried The 10-Day Detox Diet.

The beauty of the human body is that if you take out the bad stuff and put in the good stuff, the body heals. And it doesn’t take long – often just 10 days. And if you are really sick, you can continue. Then in 40 days most chronic problems will dramatically improve or go away entirely.

Why I Created my E-Book Series

That is why I have created a series of E-books – to create a simple road map for using food as medicine. The science behind it is derived from the emerging view that food is not just calories but information – instructions that control your gene expression, hormones, immune system, and brain chemistry and provide the raw materials to build every cell of your body. The food you eat even determines which gut bacteria flourish in your digestive tract – good guys or bad guys. Each bite is literally controlling every function of your body.
Again, food is not just calories.

*Food is information.*

The 10-Day Detox Diet is scientifically designed to reverse most chronic disease by eliminating all non-food substances that send messages of disease to your body. This way of eating is designed to eliminate cravings and food addiction and be low glycemic, anti-inflammatory, gut healing, brain boosting, and blood-sugar balancing.

It is based on the science of Functional Medicine, which addresses the root causes of illness, not just the symptoms. In other words, Functional Medicine treats the whole organism – not just the organs.

**Is There A Different Healing Diet for Each Disease?**

The good news is that there is not a separate diet for preventing and reversing each of the hundreds of different chronic diseases. There is one basic healthy human diet that gets to the root of all illness.

And, yes, there are differences between people – some need more or less of this or that, or have unique needs, or have food sensitivities. But The 10-Day Detox Diet is a level setter – it will help you reboot and reset, and then you can make adjustments to find out what is perfect for you.

**One Diet, Many Diseases**

This is one of a series of seven e-books on how to use The 10-Day Detox Diet to address autoimmunity, diabetes, high cholesterol, hypertension, irritable bowel syndrome, migraines and premenstrual syndrome. But the good news is that if you have ANY chronic illness, The 10-Day Detox Diet can have profound benefits.

**A Few Days Away from Health and Happiness**

And it doesn’t take long. You are just a few days away from health and happiness. This approach won’t work for everyone, or work all the time, but for the 80 percent or more of people suffering with chronic disease that is caused by what they are eating – or more importantly, what they are *not* eating – this approach will provide dramatic and quick benefits.

Try it for 10 days. If you are not better, try it for 40 days. And if you are still not better, it is time to see a Functional Medicine doctor to help you get to deeper roots such as chronic infections, environmental toxins, parasites and more.

Now let’s review how this approach can help irritable bowel syndrome.
IRRITABLE BOWEL SYNDROME: THE PROBLEM

Irritable bowel syndrome (IBS) is a huge problem that affects about 10 to 23 percent of people worldwide, and between 15 to 20 percent of Americans.

That is almost 1 in 5 people who suffer unnecessarily from something that can often be easily addressed by focusing on the root causes with Functional Medicine.

Not surprisingly, IBS is one of the most common reasons for visits to the doctor – accounting for over 3 million doctor visits annually. And its annual cost is $2 billion in lost productivity and health care costs. Unfortunately, most doctors have no clue how to treat it or what’s really causing it. That’s where Functional Medicine comes in.

Functional Medicine is not a new treatment or test or modality. It’s a whole new way of thinking about solving the puzzle of chronic symptoms and diseases. IBS provides a fantastic model for illustrating how Functional Medicine works.

IBS is what doctors call symptoms of bloating or gas, distention, constipation, diarrhea, and cramping. Like its name suggests, IBS occurs when your bowel becomes irritable. But, when you look at your colon during a colonoscopy, you don’t really see anything. It looks normal. There is no structural problem, no tumor, no obvious cause. The root problem is dysfunction of your gut ecosystem. Most doctors often suggest eating more fiber or taking Metamucil, but that’s generally not very effective.

IBS causes needless misery for millions of people. Fortunately, it is entirely fixable if viewed through the lens of Functional Medicine.

What Causes IBS?

In Functional Medicine, we focus on getting to the root cause of disease. But, those of us in Functional Medicine also know that one disease can have many causes (or that one cause can create many diseases – think gluten). If you have 10 people with IBS, for example, the causes may be quite different for each person.

There are really only five causes of all disease: allergens, microbes or imbalance of the bugs in your gut, toxins, poor diet, and stress. All of these can trigger symptoms and create thousands of diseases.

Once you identify the cause of your irritable bowel, you can get rid of it once and for all. It’s extraordinary how simple it is once we know the right thing to do.

There’s a funny joke I always tell about how important it is to know what to do. One patient got his appendix out and the doctor sends him a bill for $1,000. The patient says, “Wow!
That’s lot of money for such a simple operation.” The doctor replies, “You’re right.” And he sends him another bill: $1 for taking out the appendix, $999 for knowing what needs to be taken out.

Functional Medicine is sort of like that. We know exactly what to do by treating the system – not the symptoms.

Let’s talk about a couple different causes that can give rise to IBS symptoms.

**How Food Allergies or Sensitivities Can Lead to IBS**

Certain foods can irritate your bowel and digestive system. I’m talking about food sensitivities – not a true allergy like a peanut allergy or shellfish allergy – but rather a more mild food sensitivity that can cause terrible symptoms.

Food sensitivities are very common, and the most widespread thing in food that people react to is gluten. That’s the protein found in wheat, barley, rye, and spelt. It’s a very common reaction even if you don’t have celiac disease, which is a full-blown reaction to gluten. Even if your doctor tells you your tests for gluten antibodies or celiac are normal, you can still have a severe reaction to gluten.

Dairy is another big problem. About 75 percent of people can’t digest the lactose in dairy, which results in bloating, gas, and diarrhea. Even if you don’t have lactose intolerance, dairy can create problems. Dairy contains proteins, such as casein and whey, that also can cause irritation and inflammation in your gut.

There are many, many other foods people can have reactions to, including soy, corn, and eggs.

A landmark paper, which was recently published in the prestigious British medical journal *Gut*, found that eliminating foods identified through delayed food allergy testing (IgG antibodies) resulted in dramatic improvements in IBS symptoms.\(^1\) Another article, an editorial in *The American Journal of Gastroenterology*, stated clearly that we must respect and recognize the role of food allergies and inflammation in IBS.\(^2\)

There are some tests available that you can use to assess food sensitivities, including a reaction to gluten and dairy. Check out the “*How to Work with Your Doctor to Get What You Need*” guide for more information.

---

How Gut Imbalances Can Lead to IBS

Imbalances in your gut ecosystem can also trigger or exacerbate IBS. You have an enormous ecosystem of bugs in there with about 500 species in all. In fact, 100 trillion bacterial cells exist within your gut ecosystem. There are 10 times as many bacterial cells as there are your own cells. That makes us all about 10 percent human, if you think about it!

We call this collection of bugs the human microbiome, and these bugs have to be in balance for you to be healthy. If you have bad bugs growing or a yeast overgrowth, or if you have parasites or worms, you can get IBS.

Bad bugs in the wrong spot can also create problems. Most bacteria are in your large intestine, but sometimes they move up and go into the small intestine. That’s not very good, because the small intestine should be sterile.

When you eat food that’s starchy like bread, cereal, pasta, rice, or sugary food, the bacteria ferment the sugars in the food. It’s like the way apple cider blows up in the plastic container in your fridge when it goes bad. That’s what happens in your gut.

The bacteria ferment the sugars in the food you eat, and you blow up. That’s why you get bloating right after meals.

That’s a very common symptom of bacterial overgrowth, or what we formally call “small intestinal bacterial overgrowth” (SIBO). It’s a very easy thing to treat if you use the right modality, but most doctors never diagnose or treat this properly.

Small intestinal bacterial overgrowth can be diagnosed by a breath test, which measures gas production by the bacteria, or by a urine test that measures the byproducts of the bacteria after they are absorbed into your system.

Bacterial overgrowth is a real syndrome and was recently described in a review paper published in The Journal of the American Medical Association. And, a major paper was recently published in the Annals of Internal Medicine that showed using a nonabsorbed antibiotic called Rifaximin (Xifaxan) for 10 days resulted in a dramatic improvement in bloating and overall symptoms of IBS by clearing out the overgrowth of bacteria.

Yeast overgrowth is also common in your gut. It’s sort of like a garden where the weeds take over. Yeast overgrowth happens because of taking antibiotics, steroids, birth control pills, or acid-blocking drugs. It also occurs if you eat a lot of sugar, drink alcohol, or are diabetic.

---

Yeast overgrowth can be treated with an antifungal, such as Diflucan, Nystatin or Sporanox. Antifungal herbs, such as oregano, can also be effective to reboot your gut.

I’m not a big fan of medication, but sometimes for irritable bowel, a good nonabsorbed antibiotic like the aforementioned Xifaxan will clear out the SIBO [bacterial overgrowth] and stop bloating and diarrhea. Using Xifaxan and an antifungal is almost like hitting the reset button on your computer; you reboot your gut and then you start over.

The research tells us that these are the two main causes of irritable bowel — food allergies and overgrowth of bacteria in the small intestine — but there may be others, including a lack of digestive enzymes, parasites living in the gut, zinc or magnesium deficiency, heavy metal toxicity, and more.

And this is precisely why it is so critically important to personalize treatment based on the unique circumstances that exist for each person who suffers from IBS — the solution is most certainly not one-size-fits-all. But solutions can be found if we look carefully at the underlying causes and treat them.

The key is to reboot your gut by getting rid of the bad stuff and putting in the good stuff.
IRRITABLE BOWEL SYNDROME: 
THE SOLUTION

To heal your gut, first we remove the bad stuff [bad bugs, yeast, parasites, worms, food sensitivities] and then replace the things that are missing [enzymes, prebiotics from fiber]. We re-inoculate with healthy bacteria [probiotics], and we repair the gut with the right nutrients.

We talked about getting rid of the bad stuff (namely, food sensitivities and bugs). Now, we have to add in the good stuff.

While your gut is healing, it’s a good idea to add digestive enzymes to help break down the food. You may need those for two or three months.

Then, you need to re-inoculate your gut with healthy bacteria using probiotics such as Bifidobacteria, Lactobacillus, and other strains of bacteria. They help to repopulate the healthy gut flora and allow your digestion to work better. You can also eat probiotic-rich foods like kimchi, kombucha, miso, or sauerkraut. These are all foods that help your gut flora get and stay healthy.

Vitamin A, zinc, omega-3 fats (fish oil), evening primrose oil, and glutamine all help repair the gut. We also use herbs like quercetin and turmeric to reduce inflammation and heal a leaky gut.

Normally, your intestinal cells are stuck together like Legos. A leaky gut occurs when the gut lining is interrupted. When the intestinal cells come apart or separate, food proteins and bacteria leak in and they start triggering, causing inflammation.

Leaky gut can create IBS but also joint pain, fatigue, cognitive problems, depression, allergies, congestion, and rashes like eczema. Many symptoms and diseases are caused by leaky gut.

In Functional Medicine, the gut is one of the most important systems to focus on and to get working well, because that’s the seat of your health. It’s connected to everything else.
What to Eat

General Dietary Recommendations to Help Normalize IBS and Heal Leaky Gut

The first step in healing your gut is to eat a healthy diet. Increase your consumption of whole foods rich in phytonutrients, plant molecules that give your body the nutrients it needs.

Here are some very practical tips you’ll see in The 10-Day Detox Diet and my new cookbook. This way of eating is full of plant-based fiber and healing nutrients. It cuts out most of the common food sensitivities (gluten and dairy). It is also very low in starch, sugar and other foods that cause the bad bugs and yeast to grow and cause fermentation, bloating, and gas. (For more specific details, see “What To Buy,” on page 13.)

What to Eat:

- **Non-starchy veggies** that fill 50 to 75 percent of your plate
- **Low-glycemic fruit**, such as berries
- **Nuts** – almonds, walnuts, pecans, macadamia nuts, cashews, hazelnuts (but not peanuts)
- **Seeds** – chia, hemp, pumpkin, sesame, flax, sunflower
- **Grass-fed, hormone-free, or organic beef, lamb, and bison** (buffalo) meat (Refer to the Environmental Working Group’s “Meat Eater’s Guide” at www.ewg.org to choose meat that’s good for you and the planet.)
- **Organic or antibiotic-free boneless, skinless chicken and turkey breasts** and ground chicken and turkey
- **Wild or sustainably farmed low-mercury seafood** such as clams, crab, flounder, herring, oysters, perch, pollock, salmon, sardines, shrimp, sole, squid, trout, and whitefish. Avoid fish that are high in mercury, such as tuna, swordfish, and Chilean sea bass. (Go to the National Resources Defense Council website [www.nrdc.org] and download their Sustainable Seafood Guide for tips on how to choose low-mercury fish. Or check out www.ewg.org for the Environmental Working Group’s guide on fish.)
- **Organic omega-3-enriched or farm-fresh eggs**
- **Organic, whole forms of non-GMO soy other than soybeans**, such as tofu, tempeh, and gluten-free, low-sodium miso. Some people with IBS are sensitive to soy in any form so pay attention to how this affects you.
- **Extra-virgin olive oil**
• Extra-virgin organic coconut butter/oil
• Other healthy organic oils for salads, such as walnut, sesame, flax, and avocado
• Organic grapeseed oil for high-temperature cooking

What NOT to Eat:

Items that should be avoided for the next 10 days:

Find a spot for these items that is out of sight. (You may choose to reintroduce these in your transition phase, so don’t get rid of them altogether.) These foods can all contribute to IBS. By stopping and then reintroducing them you can often find the culprit or culprits:

• All gluten-containing products (including whole-grain versions), such as pasta, bread, and cereal.
• All grains (including gluten-free versions), such as quinoa and rice.
• All dairy products (including but not limited to butter, milk, yogurt, and cheese – from any animal).
• All beans (including chickpeas, lentils, and even peanuts, which are actually beans).
• Sugar in any form. If you have to ask, the answer is no! Not even if it was handcrafted from an ancient plant by an indigenous shaman from the Amazon.

Items that need to go permanently:

• Highly processed industrial science projects that masquerade as food. There is no such thing as junk food – there is JUNK and there is FOOD. “Foods” with additives, chemicals, colorings, flavorings, antibiotics, hormones, and pesticides all degrade your health.
• Highly refined cooking oils such as corn, soy or most vegetable oils
• Fried foods you may have stored in your freezer
• Margarine or shortening, which contain hydrogenated oils, and ANY foods with trans fat
• All artificial sweeteners — yes, even stevia — for 10 days. Sugar alcohols such as maltitol, xylitol, etc. are particularly bad for IBS.
Sample One-Day Meal Plan for the 10-Day Detox Diet for IBS

BREAKFAST: SPICED ALMOND SMOOTHIE
- Key nutrients for IBS
- Anti-inflammatory phytonutrients from ginger root, mint, lime
- Healthy fats from avocado, coconut butter, almond butter
- Fiber from hemp, chia, kale, and cucumber to promote digestive wellness and feed your gut

SNACK: HANDFUL OF WALNUTS
- Key nutrients for IBS
- Healthy omega-3 fatty acids
- Antioxidants to heal damage from inflamed gut
- Minerals like manganese and copper

LUNCH: SPICED TURKEY WRAP WITH WATERCRESS AND AVOCADO
- Key nutrients for IBS
- Protein from ground turkey to satiate you (don’t be afraid to choose some fattier meat, i.e., 15 percent fat especially if it is organically raised)
- Anti-inflammatory phytonutrients from ginger root, garlic, onion, turmeric, cinnamon, cayenne, and pepper
- Detoxifying, nutrient-dense vegetables, such as watercress, arugula, carrots, romaine, and cilantro

SNACK: MISO DIPPING SAUCE
- Probiotics from miso paste to nourish healthy gut flora
- Improved digestive function from apple cider vinegar and lemon juice
- Healthy anti-inflammatory fats from olive oil
DINNER: **GRILLED SALMON OR TOFU VEGETABLE KABOBS**

- Key nutrients for IBS
- Prebiotics from onion to help nourish healthy gut flora
- Antibacterial properties in thyme help promote a healthy gut
- Omega-3 fatty acids from salmon promote healing of damaged gut lining

**What to Buy: The 10-DAY DETOX SHOPPING LIST**

You’ve already gotten a sneak preview of what you will – and won’t – be eating. Below is a full list of all the ingredients you will need for *The 10-Day Detox Diet*. And remember, no legumes, no grains and no starchy veggies!

**FRUITS and VEGETABLES**

Choose organic, seasonal, local produce whenever possible. (Sometimes organic fruits and vegetables are best purchased frozen during winter months.)

**FRUITS:**
- Açaí puree - frozen
- Blackberries - frozen
- Blueberries - frozen
- Kiwis
- Lemons
- Limes
- Orange (for the peel)
- Raspberries - frozen
- Strawberries - frozen
- Additional fresh berries of your choice

**VEGETABLES:**
- You can eat an unlimited amount of non-starchy vegetables, such as these:
  - Anaheim peppers
  - Artichoke hearts - frozen
  - Arugula or mizuna
  - Asparagus
  - Avocados
  - Bean sprouts
  - Bell peppers - any color
  - Bok choy
  - Broccoli

---

**Did you know?**

Dr. Hyman’s *The Blood Sugar Solution 10-Day Detox Diet Cookbook* offers over 150 recipes of hypoallergenic, low-glycemic, tasty meals that are 100 percent appropriate for your IBS healing. If you would like to learn more about this cookbook or purchase it, please see:

http://www.10daydetoxcookbook.com/
• Broccoli rabe
• Brussels sprouts
• Cabbage – Napa, white
• Carrots
• Cauliflower
• Celery
• Chives
• Cucumber
• Eggplant
• Endive
• Fennel bulbs
• Garlic
• Ginger root
• Green beans or French-style haricots verts
• Horseradish
• Jalapeno peppers
• Jicama
• Kale – Lacinato, other varieties
• Leeks
• Lemongrass
• Lettuce – Bibb, Romaine hearts
• Mustard greens
• Onions – red, yellow, Vidalia
• Radish
• Scallions
• Sea vegetables (wakame, kombu, etc.)
• Shallots
• Spinach
• Sugar snap peas
• Summer squash – yellow
• Swiss chard
• Tomatoes – cherry, grape, larger slicing varieties
• Zucchini
• Additional vegetables of choice for snacks, to dip and for Dr. Hyman’s Super Salad Bar

**Great resources**: Cascadian Farm, Earthbound Farm, Maine Coast Sea Vegetables, Stahlbush Island Farms.

**PROTEINS**

**POULTRY AND EGGS:**

Look for organic, grass- or range-fed, antibiotic- and hormone-free poultry and eggs.

• Chicken: Boneless thighs and/or drumsticks, boneless breasts
• Turkey: Ground lean meat, ground dark meat, thin cutlets
• Eggs: Omega-3 eggs or organic farm eggs

**Great resources**: Applegate Farms, Peaceful Pastures, Whole Foods Market, local farmers’ markets
SEAFOOD:
Look for small, wild or sustainably raised, low-mercury, cold water fish.

- Clams, scallops, snapper, wild-caught cod, wild-caught salmon fillets, anchovy fillets in oil, sardines in oil

Great resources: Crown Prince Natural, Ecofish, SeaBear, Vital Choice Seafood

RED MEAT:
Look for organic, grass- or range-fed, antibiotic- and hormone-free; limit intake to 4 to 6 ounces, once or twice a week.

- Beef: Grass-fed ground, grass-fed flank steak
- Lamb: Lamb shanks
- Bison: Rib-eye steaks

Great resources: Applegate Farms, Eatwild.org, Peaceful Pastures

PROTEIN POWDER:
Look for plant-based, unsweetened powders without fillers or additives.

- Unsweetened hemp protein powder

FATS
OILS
Choose expeller or cold-pressed and unrefined oils.

- Coconut, sesame, and grapeseed oils for high-heat cooking
- Extra-virgin olive oil, avocado oil for low-heat cooking

Great resources: Artisana Foods, Barlean’s Organic Oils, Spectrum Naturals

NUTS/SEEDS, NUT/SEED BUTTERS, AND NUT FLOURS
Preferably raw; avoid nuts that are cooked in oil or fried.

- Nuts: Almonds, Brazil nuts, cashews, hazelnuts, pecans, pine nuts, walnuts
- Seeds: Chia, flax, pumpkin, sesame, sunflower
- Nut/Seed Butters: Almond butter, coconut butter, tahini
- Nut flours: Almond flour, coconut flour

Great resources: Artisana Foods, Barlean’s Organic Oils, Bob’s Red Mill, MaraNatha, Omega Nutrition, Once Again Nut Butter, Spectrum Naturals
**NON-DAIRY MILK:**

- Unsweetened almond milk
- **Coconut milk** - lite, full-fat (canned)
- Unsweetened hemp milk

*Great resources:* Pacific Foods

**SEASONINGS, HERBS, AND SPICES**

Choose from any of the following to enhance your recipes and taste experience (and watch out for added chemicals, sugars, MSG, and hidden sources of gluten or dairy):

**SEASONINGS & CONDIMENTS:**

- **Apple-cider vinegar**
- **Balsamic vinegar**
- Miso – (choose white miso, gluten-free)
- **Mustard – Dijon**
- **Tamari** (choose low-sodium, gluten-free)
- White vinegar

**HERBS (FRESH, IF INDICATED):**

- Basil – fresh
- Bay leaf – dried
- Chervil – fresh
- Chives – fresh
- Cilantro – fresh
- Dill – fresh
- Mint – fresh
- Oregano – fresh, dried
- Parsley – fresh
- Rosemary – dried (optional)
- Sage – dried
- Tarragon – fresh
- Thyme – fresh, **dried**

**SPICES:**

- Aleppo pepper (optional)
- Allspice – ground
- Anise (optional)
- **Black pepper** – whole peppercorns, freshly ground
- Cacao, raw powder
- **Cayenne pepper**
- Chili powder – mild
- Cinnamon
- Cloves – ground
• Coriander
• Cumin – ground, whole seeds
• Fennel seed
• Ginger powder
• Mustard seeds
• Nutmeg – whole spice
• Paprika
• Red pepper flakes
• Saffron
• Sea salt
• Turmeric

Other Pantry Items

• Coconut – unsweetened coconut flakes
• Canned or jarred tomatoes – whole, crushed, diced, pureed, and tomato paste
• Capers
• Olives – Kalamata, mixed (unpitted)
• Water chestnuts, canned
• Low-sodium chicken stock
• Low-sodium fish/seafood stock
• Low-sodium vegetable stock
• Kelp noodles
• Anchovy paste
• Salsa (optional)
• Vegenaise (optional)

What to Take: Supplements

Supplements are important. Along with a healthy diet and exercise program, they can dramatically heal your gut. Here are the supplements I have found most useful in my practice:

The Healthy Digestive Support Kit, includes:

• PhytoMulti by Metagenics multivitamin (Two tablets a day with food)
• OmegaGenics EPA-DHA 720 fish oil (Two softgels a day with food)
• Try herbs for cleaning out bad bacteria or yeast. Take CandiBactin-BR (Two capsules three times a day for a month) for bacterial overgrowth and CandiBactin-AR (Two capsules three times a day for a month) for yeast overgrowth.
• Add digestive enzymes for two to four months. I like Enzyme Complete Isogest 2 (Two capsules with each meal).
• Use high-potency probiotics. With my patients, I use Ther-Biotic Complete (Two capsules twice a day).

• Add gut-healing nutrients. I recommend a powder called GI Revive by Designs for Health (One teaspoon in water once or twice a day) or GI Integrity by Pure Encapsulations, which is glutamine (Four capsules twice a day).

• If you are constipated (not having one or two normal bowel movements a day) take Magnesium Citrate by Pure Encapsulations (Two capsules, twice a day). If you need more, you can increase the dose until you have daily bowel movements. If you take too much, you will get loose stools so just take less. And, if you have kidney failure, ask your doctor first before using magnesium.

You should also consider testing for food sensitivities and for stool issues (again, see the “How to Work with Your Doctor to Get What You Need” guide for more information). Consider Cyrex 3 testing for gluten sensitivity when conventional tests for gluten are negative. You may also consider Cyrex 4 testing for gluten-associated cross-reactive foods and Cyrex 10 testing for a broader food sensitivity panel. This can reveal other unexpected triggers such as eggs or certain vegetables or even spices.

By following this approach, most people can heal their irritable bowel. If you are not getting better utilizing these strategies, you may need medical help.

You may need treatment for SIBO or bacterial overgrowth. I recommend Xifaxan (a non-absorbed antibiotic), 550 mg twice a day for 10 days, and Diflucan, 100 mg a day for three to four weeks, to kill the yeast. You will need to get your doctor to prescribe this.

Sometimes treatment for parasites or worms is needed based on the testing.

**What to Do: Other lifestyle factors**

**Exercise**

I encourage 30 to 45 minutes of cardiovascular exercise at least six times a week.

You may try interval training (a good example is “wind sprints,” which are described in The Blood Sugar Solution) if you are feeling stronger. I also encourage strength training to build muscle and reduce body fat composition.

Exercise is not a luxury. It’s a necessity when it comes to preventing almost all chronic disease, from heart disease to cancer, from dementia to diabetes, from osteoporosis to osteoarthritis. You cannot age successfully without it. It is simply how we are designed.
Reduce Stress

Stress alone can cause many chronic diseases. Take a heart attack. Stress often triggers a cascade of events that cause a heart attack by creating inflammation, causing high blood pressure, and even making your blood more likely to clot.

Finding ways to manage stress and to relax is essential for dealing with nearly all chronic health conditions, including irritable bowel disease.

Learn to reduce stress by doing regular relaxation exercises such as yoga, tai chi, meditation, breathing, guided imagery, or whatever it takes to engage the relaxation nervous system, which can lower your inflammation and blood sugar levels as well as increase metabolism and help with your overall health.

Try classes, buy CDs (you can try my UltraCalm audio program), try therapy, or just go out and have fun. Do whatever it takes to hit the pause button on a daily basis and maintain your health.

Sleep

I used to think that “MD” stood for “medical deity” and meant I didn’t have to follow the same sleep rules as every other human being. I stayed up late working long shifts in the emergency room, ignoring the demands of my body. It wasn’t until I learned that shift work leads to a shortened life expectancy that I quit.

Unfortunately, our lives are infiltrated with constant stimuli that keep us revved up until the moment we go to bed. It’s no wonder so many of us have trouble getting restful sleep.

Instead of pushing through until your head hits the pillow, try to take a little “holiday” in the two hours before bed. Create a sleep ritual – a special set of little things you do before bed – in order to guide your body into a deep, healing sleep.

Here are some tips on how to restore your natural sleep rhythm. It may take weeks or months, but using these tools in a coordinated way will eventually reset your biological rhythms:

- **Practice the regular rhythms of sleep.** Go to bed and wake up at the same time each day.

- **Use your bed for sleep and romance only,** not for television or even reading.

- **Create an aesthetic environment that encourages sleep.** Use serene and restful colors and eliminate clutter and distraction.

- **Create total darkness and quiet.** Consider using eyeshades and earplugs.

- **Avoid caffeine.**
• **Avoid alcohol.** It may help you get to sleep initially, but it causes interruptions throughout the night, resulting in poor-quality sleep.

• **Get at least 20 minutes exposure to daylight daily.** The light from the sun enters your eyes and triggers your brain to release specific chemicals and hormones like melatonin that are vital to healthy sleep, mood, and aging.

• **Eat no later than three hours before bed.** Eating a heavy meal prior to bed will lead to a bad night’s sleep.

• **Don’t exercise vigorously after dinner.** It excites the body and makes it more difficult to get to sleep.

• **Write your worries down.** One hour before bed, write down the things that are causing you anxiety and make your to-do list for the next day to reduce your worry. It will free up your mind and energy to move into deep and restful sleep.

• **Take a hot salt/soda aromatherapy bath.** Raising your body temperature before bed helps to induce sleep. A hot bath also relaxes your muscles and reduces tension physically and psychically. By adding 1 to 1 ½ cups Epsom salt (magnesium sulfate) and 1 to 1 ½ cups baking soda (sodium bicarbonate) to your bath, you will gain the benefits of magnesium absorbed through your skin and the alkaline-balancing effects of the baking soda, both of which help with sleep.

• **Get a massage or stretch before bed.** This helps relax the body, making it easier to fall asleep.

• **Warm your middle.** This raises your core temperature and helps trigger the proper chemistry for sleep. A hot-water bottle, heating pad – or a warm body – can do the trick.

• **Avoid medications that interfere with sleep.** These include sedatives (which are used to treat insomnia, but ultimately lead to dependence and disruption of normal sleep rhythms), antihistamines, stimulants, cold medication, steroids, and headache medication that contains caffeine.

• **Use herbal therapies.** Try 200 mg of passionflower, or 320 mg to 480 mg of valerian root extract standardized to 0.2 percent valerenic acid one hour before bed.

• **Take 200 mg to 400 mg of magnesium citrate or glycinate before bed.** This relaxes the nervous system and muscles.

• **Other supplements and herbs can be helpful in getting some shuteye.** Try calcium, theanine (an amino acid from green tea), GABA, 5-HTP, and magnolia. (I like a product called Kavinace UltraPM that has a form of GABA, melatonin, and 5-HTP all in one. It works well for many of my patients.)

• **Try 1 mg to 3 mg of melatonin at night,** which can help stabilize your sleep rhythms.

• **Get a relaxation, meditation or guided imagery CD.** Any of these may help you get to sleep.
CONCLUSION

We have the science, the understanding and the tools to deal with this chronic problem and the suffering it causes 1 in 5 people. There is no need to wait for any more studies. I have been treating IBS in my practice for over 15 years with dramatic success.

In fact, just recently, one of my patients told me that for the first time in his life he didn’t have any more stomach pains or digestive problems. It had previously been so bad that he had to have a phone installed in his bathroom!

By taking these steps and seeking out the underlying causes of IBS, you can dramatically improve your health and overcome your digestive disorder.

If you are willing to tweak your diet and lifestyle and take a few supplements, your health may change dramatically – and so will your life.

If you have tried The 10-Day Detox Diet and are still not completely better (and you have tried it for 40 days), then you should seek out a Functional Medicine practitioner. You can come see me, or one of my Functional Medicine doctors at The UltraWellness Center or at the Cleveland Clinic Center for Functional Medicine where we treat people from all over the world. You can also find a trained practitioner near you through the Institute for Functional Medicine.

The answers are right in front of you. Treat the underlying causes of your illness, and you will begin to experience vibrant health once more.