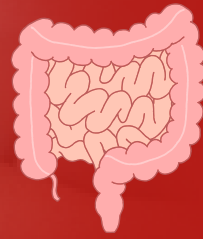


THE ULTIMATE



IBS RELIEF GUIDE

RULE YOUR DIGESTION

DISCLAIMER

The information provided in this IBS Relief Guide is intended for general educational and informational purposes only. This guide offers insights, strategies, and practical tools related to understanding IBS, managing symptoms through diet and lifestyle changes, and supporting gut health naturally. It is designed to empower you with knowledge and self-care techniques but is not a substitute for professional medical, nutritional, or psychological advice, diagnosis, or treatment.

This guide covers topics including IBS types and symptoms, gut function, dietary approaches like the Low FODMAP diet, symptom tracking, natural therapies, and lifestyle strategies. While these methods may help many people manage IBS symptoms, individual experiences vary widely. What works for one person may not work for another.

If you have or suspect you have IBS or any other digestive condition, or if your symptoms worsen, change, or include severe warning signs (such as unexplained weight loss, blood in stool, or intense pain), you should seek evaluation from a qualified healthcare professional promptly.

This guide does not replace consultation with your physician, gastroenterologist, registered dietitian, or mental health provider. Medications, medical interventions, and specific treatments should always be discussed and managed by licensed healthcare practitioners.

By reading and applying the information in this guide, you acknowledge and agree that the author, publisher, and distributors are not responsible for any outcomes, damages, or health-related issues that may arise. You assume full responsibility for your health decisions and understand that this guide is provided as a supportive resource only.

Always prioritize your safety, and seek out professional support when needed. Healing is personal – and you never have to do it alone.

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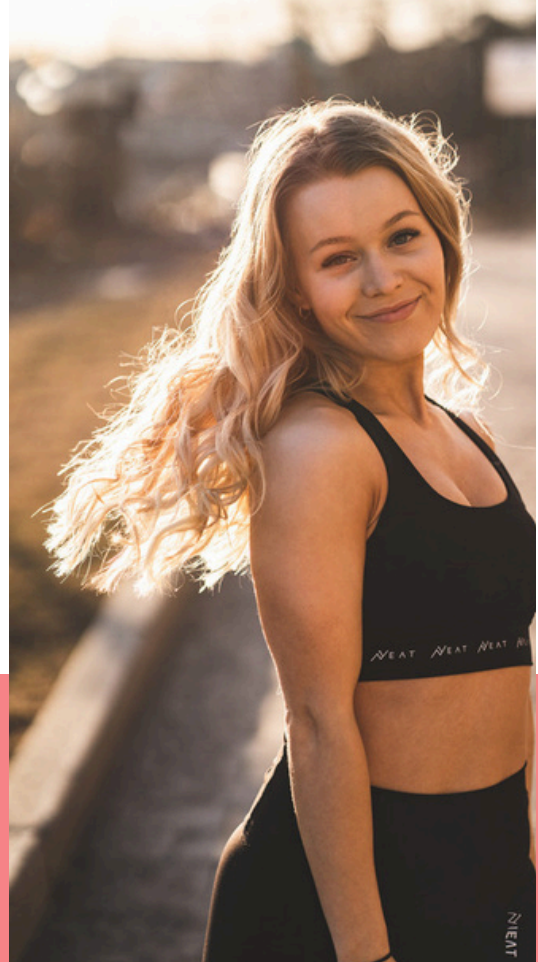
WELCOME TO THE IBS RELIEF GUIDE!

WELCOME

Have you ever felt like your gut has a mind of its own? You're not alone. If you're reading this, chances are you've been dealing with frustrating digestive symptoms – maybe bloating after meals, sudden urges to use the bathroom, or the opposite: constipation that won't let up. These could all be signs of something called Irritable Bowel Syndrome, or IBS.

But here's the good news: there is a way to feel better. And this guide will walk you through it – step by step.

Managing IBS isn't about restriction – it's about understanding your body and learning how to support it in a way that feels sustainable. Inside are the tools to take charge of your gut health with confidence, clarity, and compassion.



WHAT YOU'LL LEARN IN THIS GUIDE:

- What IBS is, the different types, and common symptoms
- How your gut works – and the powerful role of the gut-brain connection
- What causes IBS flare-ups and how to identify your personal triggers
- How to use the Low FODMAP diet to reduce symptoms and improve digestion
- The importance of food journaling and mindful reintroduction
- Natural therapies that support long-term gut health and symptom relief

UNDERSTANDING

IBS IRRITABLE BOWEL SYNDROME

IBS stands for Irritable Bowel Syndrome. It's a functional digestive disorder, which means there's no structural damage in your gut – but it doesn't function the way it should. Think of it like a computer with all its parts intact, but the software keeps glitching.

THE KEY SYMPTOMS?

- Abdominal pain
- Bloating
- Gas
- Changes in your bathroom habits (like constipation or diarrhea – or both!).



TYPES OF IBS

There are three main types of IBS, and knowing which one applies to you is key to getting relief.

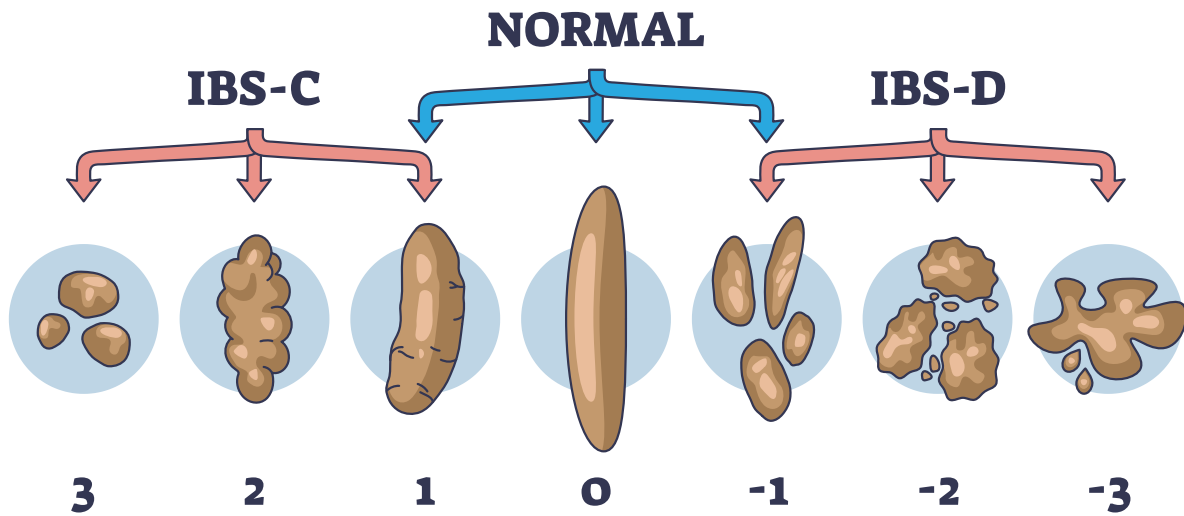
IBS-C (Constipation-Predominant): You often feel backed up, bloated, and may have hard or lumpy stools.

IBS-D (Diarrhea-Predominant): You may feel urgent bowel movements, loose stools, and worry about sudden urges.

IBS-M (Mixed Type): A frustrating mix of both constipation and diarrhea, often changing from one to the other.

Your symptoms might not always fit neatly into one box – and that's okay. This guide will help you find your unique path forward.

3 IBS CATEGORIES BASED OFF OF STOOLS:



MOST COMMON SYMPTOMS OF IBS

Everyone's experience with IBS is a little different, but common symptoms include:

- Abdominal pain or cramping
- Bloating and excessive gas
- Diarrhea, constipation, or alternating between the two
- A feeling of incomplete evacuation after going to the bathroom
- Mucus in the stool
- Fatigue or difficulty concentrating (often called "brain fog")

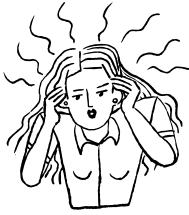
It's important to remember: these symptoms can ebb and flow – some days are better than others. That's normal. The key is learning to manage your triggers so you can gain back control.



WHAT CAUSES IBS?

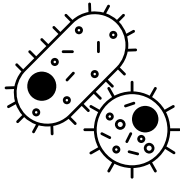
IBS doesn't have a single known cause, but several factors can play a role:

1



Stress and anxiety

2



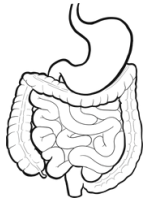
Imbalance in gut bacteria

3



Food intolerances or sensitivities

4

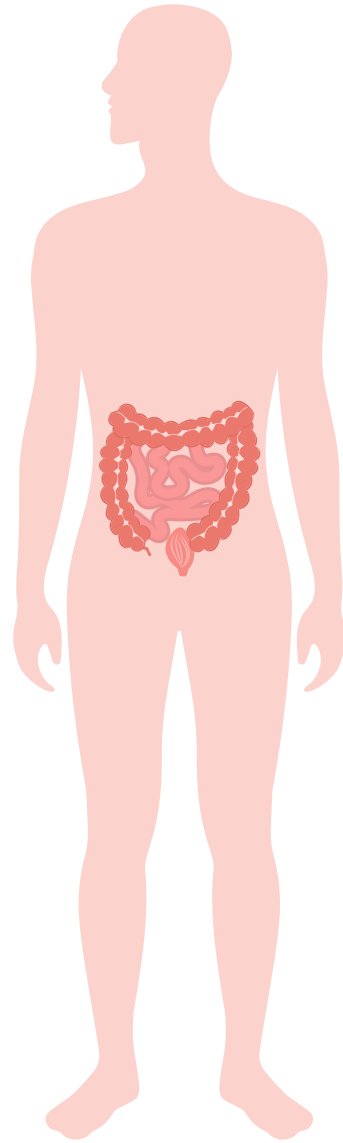


Changes in gut motility (how quickly food moves through your digestive tract)

5



Past gut infections or antibiotic use



Everyone's IBS story is different — which is why a one-size-fits-all approach rarely works. The goal of this guide is to help you figure out your version of IBS and what you can do to feel better.



HOW YOUR GUT WORKS

You've probably heard the phrase "**trust your gut.**" That's not just a cute saying, your gut actually plays a huge role in your overall health, including your mood, energy, and immune system.

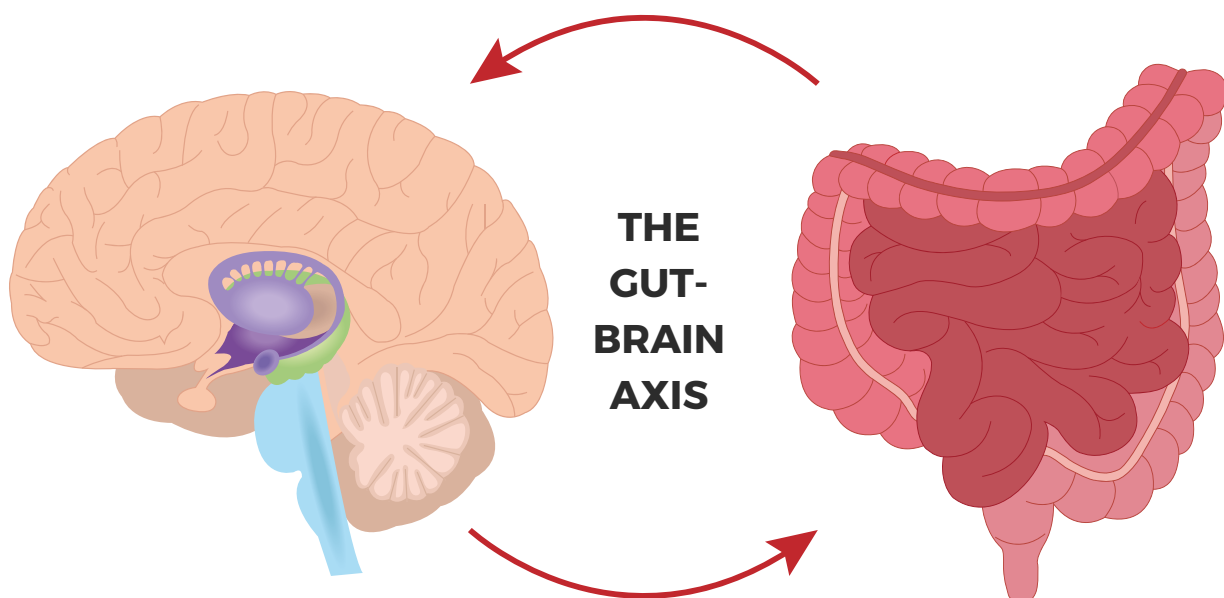
When you're dealing with IBS, it can feel like your gut is working against you. But the truth is, your digestive system is incredibly complex and sensitive – and once you understand how it works, you'll be in a much better position to manage your symptoms.

THE GUT-BRAIN CONNECTION

Have you ever felt "butterflies" in your stomach when you're nervous? Or noticed your digestion acts up during stressful times? That's because your gut and brain are constantly talking to each other.

This communication pathway is called the **gut-brain axis** – and it explains why stress, anxiety, and even emotions can trigger digestive symptoms.

Your brain sends signals to your gut, and your gut sends signals back. When this relationship gets out of balance, it can cause or worsen IBS symptoms.



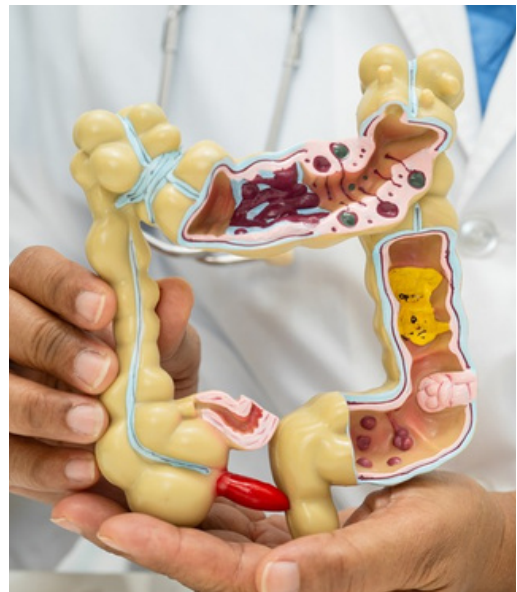


Many people with IBS also experience anxiety or depression. That doesn't mean your symptoms are "in your head", it means your nervous system and digestive system are connected. Learning how to calm your nervous system is a key step in feeling better.

YOUR GUT MICROBIOME: THE TINY ORGAN INSIDE YOU

Inside your digestive system lives a whole world of bacteria – good and bad – called the microbiome. These bacteria help you digest food, absorb nutrients, and even make important chemicals that affect your mood and immune system.

When your microbiome is balanced, you feel more energized and your digestion works smoothly. But when that balance is thrown off (due to stress, antibiotics, illness, or diet), it can lead to gas, bloating, irregular bowel movements, and inflammation – common issues in IBS.



BIFIDO BACTERIUM



LACTO BACILLUS



LACTO COCCUS



STREPTOCOCCUS THERMOPHILUS



PROPIONI BACTERIUM



"GOOD" AND "BAD" MICROBIOME ORGANISMS

It's important to note that labeling bacteria as strictly "good" or "bad" is an oversimplification. Many microbes are context-dependent, beneficial in one environment or amount, and harmful in another.

Here's a some well-known microbes, their general classification (good or bad), and their main roles or effects:

Microbe	Type	Common Location	General Role / Effect
Lactobacillus spp.	Good	Gut, Vagina	Produces lactic acid, supports gut and vaginal health
Bifidobacterium spp.	Good	Gut	Aids digestion, modulates immune system
Akkermansia muciniphila	Good	Gut	Maintains gut lining, supports metabolism
Faecalibacterium prausnitzii	Good	Gut	Produces anti-inflammatory compounds, supports gut barrier
Saccharomyces boulardii	Good (yeast)	Gut	Fights diarrhea, supports gut immunity
Escherichia coli (non-pathogenic)	Good	Gut	Produces vitamin K, competes with harmful strains
Prevotella spp.	Mixed	Gut, Mouth	May be beneficial or harmful depending on diet & context
Clostridium butyricum	Good	Gut	Produces butyrate, supports gut lining
Bacteroides spp.	Good/Mixed	Gut	Aids digestion but may overgrow in dysbiosis

Microbe	Type	Common Location	General Role
Clostridium difficile	Bad	Gut (in overgrowth)	Causes severe diarrhea and colitis
Staphylococcus aureus	Bad	Skin, Nose	Can cause infections, abscesses, MRSA
Salmonella spp.	Bad	Gut (infectious)	Food poisoning, diarrhea, fever
Campylobacter jejuni	Bad	Gut	Causes gastroenteritis
Escherichia coli (pathogenic)	Bad	Gut	Causes foodborne illness, UTIs
Candida albicans	Bad (in overgrowth)	Mouth, Gut, Vagina	Yeast infections, thrush, GI issues
Helicobacter pylori	Bad (context-dependent)	Stomach	Can cause ulcers and stomach cancer, but may have immune roles
Enterococcus faecalis	Bad (opportunistic)	Gut, Urogenital	Can cause UTIs, endocarditis, resistant infections
Klebsiella pneumoniae	Bad	Lungs, Gut	Causes pneumonia, bloodstream infections

IMPORTANT TO NOTE

- Context matters: Some microbes are beneficial in low quantities but harmful in overgrowth (e.g., *Candida albicans*).
- Strain specificity is important: Not all strains of *E. coli* or *Bacteroides* are the same.
- Diet, antibiotics, stress, and lifestyle all influence the balance between good and bad microbes.

HOW DIGESTION WORKS

Let's take a quick look at what's happening inside your body when you eat:



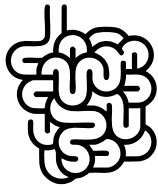
Mouth

Digestion begins with chewing and saliva.



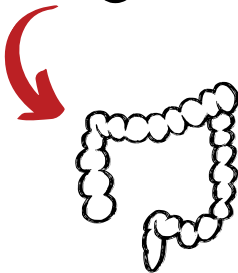
Stomach

Your stomach uses acid and enzymes to break food down.



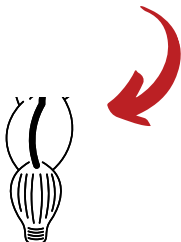
Small Intestine

Most digestion and nutrient absorption happens here. If things go too fast or too slow, it can cause bloating or pain.



Large Intestine (Colon)

This is where water is absorbed and bacteria help process what's left. If food ferments too much here (as it can with IBS), it can lead to gas and irregular bowel habits.



Rectum

The final stop before elimination. If your nerves or muscles here are overly sensitive (common in IBS), it can make you feel urgency or incomplete evacuation.

In people with IBS, this whole process may be overly sensitive, move too fast or too slow, or be influenced by diet and stress. That's why even small changes in your routine, emotions, or food choices can have a big impact.

STRESS: A MAJOR IBS TRIGGER

Stress doesn't just affect your mood, it affects your digestion. When you're under chronic stress:

- 1 Your gut motility can speed up or slow down.**
- 2 You may produce more gas.**
- 3 You're more likely to feel pain or discomfort.**
- 4 Your microbiome can become imbalanced.**

This doesn't mean you need to eliminate all stress (that's impossible!). But learning how to calm your nervous system, through tools like breathing, movement, and mindfulness, can dramatically improve how your gut feels.



GETTING DIAGNOSED

If you've ever googled your symptoms and ended up feeling overwhelmed (or terrified), you're not alone. It's normal to wonder:

“DO I REALLY HAVE IBS?”

Let's go through everything so you stop guessing and start getting the support you deserve.



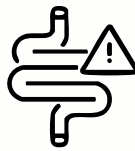
WHEN SHOULD YOU SEE A DOCTOR?

If you've been struggling with digestive issues for more than a few weeks — especially things like bloating, gas, pain, constipation, diarrhea, or unpredictable bathroom habits — it's time to check in with a healthcare provider.

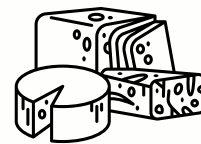
Even though IBS is common, it's important to rule out other conditions that might look similar, such as:



Celiac disease



Inflammatory bowel disease (IBD)



Lactose intolerance

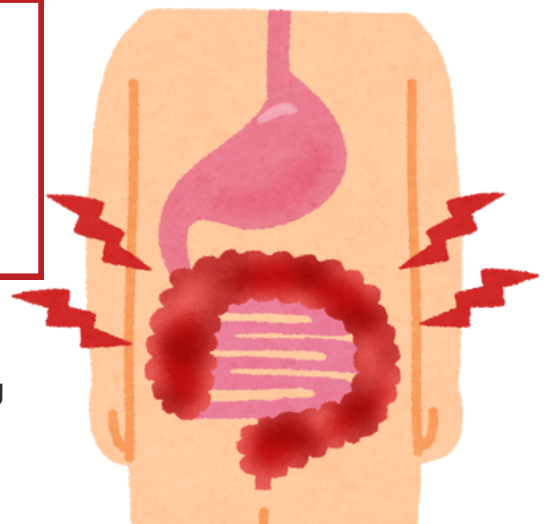


SIBO (Small Intestinal Bacterial Overgrowth)



Thyroid disorders

IBS is a diagnosis of exclusion — meaning doctors will usually rule out other causes before confirming it's IBS.



HOW IBS IS DIAGNOSED: THE ROME IV CRITERIA


Doctors use something called the Rome IV Criteria to help diagnose IBS. Sounds fancy, but here's what it really means:

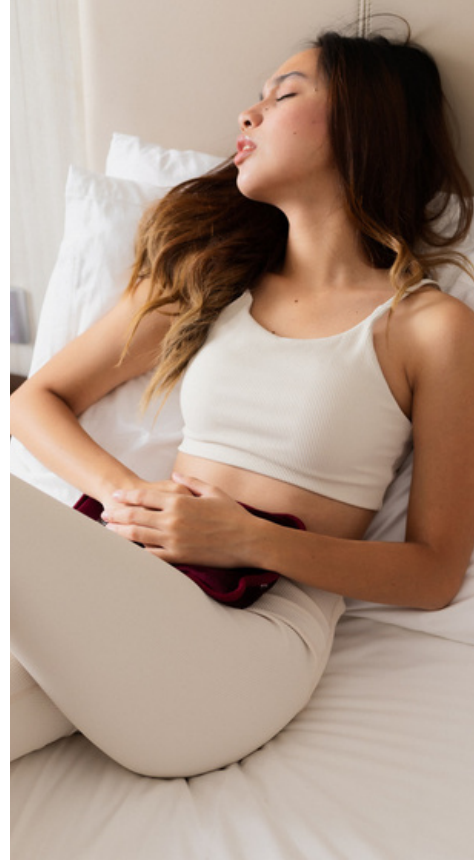
To be diagnosed with IBS, you need to have:

Recurrent abdominal pain (at least 1 day per week) in the last 3 months plus at least two of the following:

- Your pain is related to bowel movements
- You notice a change in how often you have bowel movements
- You notice a change in how your stool looks (loose, hard, or irregular)

 Also, symptoms must have started at least **6 months ago** – and be ongoing.

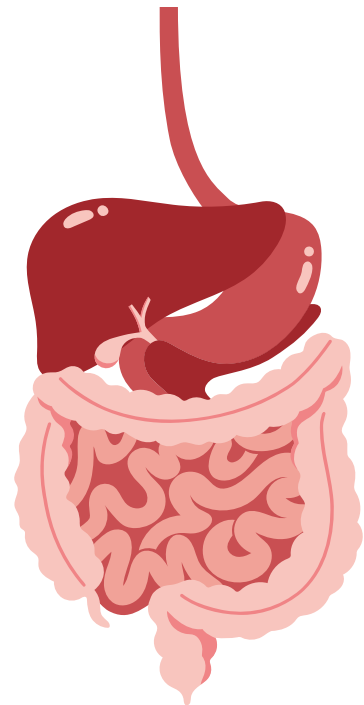
 If that sounds like your experience, it's a good idea to talk to a provider and get clarity.



WHAT TESTS MIGHT BE INVOLVED?

There's no one test that can "prove" you have IBS, but doctors may recommend some basic lab work or screening to make sure nothing more serious is going on. **You might expect:**

- 1 BLOOD TESTS**
to rule out anemia, inflammation, or celiac
- 2 STOOL TESTS**
to check for infection or signs of inflammation
- 3 BREATH TESTS**
for lactose intolerance or SIBO
- 4 COLONOSCOPY**
in certain cases, especially if you're over 45 or have alarming symptoms





RED FLAG SYMPTOMS TO WATCH FOR

These aren't typical of IBS and should be checked out right away:



Unintentional weight loss



Blood in your stool



Persistent fever



Family history of colon cancer or IBD



Symptoms that wake you from sleep

If any of these apply to you, speak with a doctor ASAP.

WHY A DIAGNOSIS MATTERS

Even though IBS doesn't show up on scans or X-rays, it's a real condition – and having a proper diagnosis can be empowering. **It helps:**

1

Validate your experience (you're not making this up)

3

Guide your treatment options

2

Rule out more serious issues

4

Get support from health professionals who understand IBS

You deserve to feel better. And you deserve to be taken seriously.

THE LOW FODMAP DIET

You've probably heard of the Low FODMAP Diet if you've done any research about IBS. It's one of the most effective, science-backed ways to reduce symptoms,

The Low FODMAP Diet isn't a forever diet. It's a temporary elimination plan that helps you figure out which foods are triggering your symptoms – and which ones are totally fine for you.

FODMAPs are types of carbohydrates (sugars) that are poorly absorbed in the gut. When you eat a lot of them, they can cause bloating, gas, pain, diarrhea, or constipation – especially if you have IBS.

FODMAP stands for:

F

— Fermentable


O

— Oligosaccharides


D

— Disaccharides


M

— Monosaccharides


A

— And

P

— Polyols





HIGH FODMAP FOODS: THE COMMON TRIGGERS

FODMAP Group	Examples	May Cause
Oligosaccharides	Onions, garlic, leeks, wheat, rye, lentils, chickpeas, kidney beans	Bloating, gas, discomfort
Disaccharides	Milk, yogurt, soft cheeses (lactose)	Gas, cramping, diarrhea
Monosaccharides	Apples, pears, watermelon, honey, high-fructose corn syrup	Bloating, diarrhea
Polyols	Apples, cherries, peaches, cauliflower, mushrooms, sugar-free gum/candy	Gas, bloating, loose stools



LOW FODMAP FOODS: SAFE DURING ELIMINATION

Food Category	Examples
Proteins	Chicken, turkey, fish, eggs, firm tofu
Grains	Rice, oats, quinoa, gluten-free bread/pasta
Vegetables	Carrots, zucchini, spinach, bell peppers, cucumbers
Fruits	Strawberries, blueberries, oranges, kiwi, grapes
Dairy Alternatives	Lactose-free milk, almond milk, hard cheeses
Pantry Staples	Olive oil, fresh herbs, spices (avoid onion/garlic powder)



These foods aren't bad – but if your gut is sensitive, they can trigger IBS symptoms. The Low FODMAP Diet helps you discover which ones are problematic for you.



You don't need to be perfect – just consistent. Reducing your FODMAP load, even a little, can lead to noticeable symptom relief.

WHY THE LOW FODMAP DIET WORKS

When you temporarily remove high FODMAP foods, you're giving your gut a chance to reset. Symptoms often improve within 2-6 weeks, and from there, you can begin reintroducing foods – one group at a time – to find out which ones are your actual triggers.

You're not avoiding foods forever.
You're using this as a tool to learn about your body.

MINDSET SHIFT: THIS ISN'T ABOUT RESTRICTION – IT'S ABOUT CLARITY

It can feel intimidating to change how you eat. But remember: this isn't a punishment. It's an experiment to help you feel better. You're the detective. You're learning what works best for your body.



FODMAP CHEAT SHEET



FODMAP CHEAT SHEET

 **LOW**
(Eat Freely)

 **MODERATE**
(Limit)

 **HIGH**
(Avoid)

> PROTEINS & MEATS



- Eggs
- Plain cooked chicken
- Plain beef, pork, turkey
- Fish (salmon, tuna, etc.)
- Shrimp, shellfish

- Tempeh – ¾ cup (150g)
- Tofu (firm) – ½ cup (130g)
- Canned lentils (drained) – ½ cup (46g)
- Canned chickpeas (drained) – ¼ cup (42g)

- Processed meats with onion/garlic
- Sausages with high-FODMAP fillers
- Marinated meats with garlic
- Falafel
- Seitan

> VEGETABLES



- Carrots
- Spinach (baby)
- Eggplant
- Cucumber
- Tomato (common)
- Lettuce (all types)

- Sweet corn – ½ cup (43g)
- Zucchini – ½ cup (66g)
- Butternut squash – ½ cup (45g)
- Green peas – ½ cup (43g)
- Fennel bulb – ½ cup (48g)
- Beetroot (cooked) – ¼ cup (40g)

- Cauliflower
- Onion (white, red, shallots)
- Garlic
- Asparagus
- Mushrooms (button, portobello)
- Leek (white part)

> FRUITS



- Banana (unripe)
- Strawberries
- Pineapple
- Oranges
- Papaya

- Kiwi – 1 medium (75g)
- Blueberries – ¼ cup (40g)
- Ripe banana – ½ medium (45g)
- Grapes – 6 grapes (28g)
- Raspberries – ¼ cup (31g)

- Apple
- Pear
- Mango
- Watermelon
- Cherries

> GRAINS



- White rice
- Quinoa
- Polenta
- Corn tortillas (100%)

- Rolled oats – ½ cup (52g)
- Sourdough spelt bread – 1 slice (40g)
- Brown rice – 1 cup (190g)
- Buckwheat groats – ½ cup (50g)

- Wheat bread
- Rye
- Barley
- Couscous

> DAIRY & DAIRY ALTERNATIVES



- Lactose-free milk
- Almond milk (unsweetened)
- Coconut milk (canned, ¼ cup)
- Lactose-free yogurt

- Greek yogurt (lactose-free) – ¼ cup (60g)
- Soy milk (soy protein-based) – ½ cup (125ml)
- Hard cheeses – 2 slices (40g)

- Cow's milk
- Yogurt (regular)
- Cream, ricotta, cottage cheese
- Ice cream (regular dairy)

> NUTS, SEEDS & LEGUMES



- Chia seeds
- Pumpkin seeds
- Walnuts (small amounts)
- Peanuts
- Peanut butter (natural, smooth) – up to 2 tbsp (32g)

- Almonds – 10 nuts (12g)
- Almond butter – 1 tbsp (20g)
- Hazelnuts – 10 nuts (15g)
- Sunflower seeds – ¼ cup (35g)
- Pistachios – 10 nuts (15g)

- Cashews
- Cashew butter
- Baked beans
- Black beans
- Kidney beans

> BEVERAGES



- Water
- Herbal teas
- Green tea
- Black tea (weak)

- Coffee – 1 cup (250ml)
- Wine – 1 glass (150ml)
- Beer – 1 bottle (375ml)
- Coconut water – ½ cup (100ml)

- Fruit juices
- Soda with HFCS
- Sweetened plant milks
- Kombucha (unfiltered)

> CONDIMENTS, SAUCES & SPICES



- Mustard
- Soy sauce (gluten-free)
- Vinegars
- Herbs (basil, oregano)

- Tomato paste – 2 tbsp (28g)
- BBQ sauce – 1 tbsp (20g)
- Pickled onions – 1 tbsp (12g)
- Worcestershire sauce – 1 tbsp (15g)

- Garlic/onion powder
- Hummus
- Pesto (with garlic)
- Relishes (high-FODMAP)

> FATS & OILS



- Olive oil
- Butter (small amount)
- Avocado oil

- Coconut oil – 1 tbsp (14g)
- Ghee – 1 tbsp (13g)
- Avocado – ½ whole (30g)

- Flavored oils (garlic/onion)
- Avocado (more than ½)

> SWEETENERS & CONFECTIONERY/BAKING



- Maple syrup
- Table sugar
- Stevia
- Rice malt syrup

- Dark chocolate – 1 square (20g)
- White chocolate – 1 square (15g)
- Agave syrup – 1 tsp (7g)
- Coconut sugar – 1 tsp (5g)

- Honey
- High-fructose corn syrup (HFCS)
- Sorbitol, mannitol, xylitol
- Sugar-free gum/candy with polyols

FINDING YOUR FOOD TRIGGERS

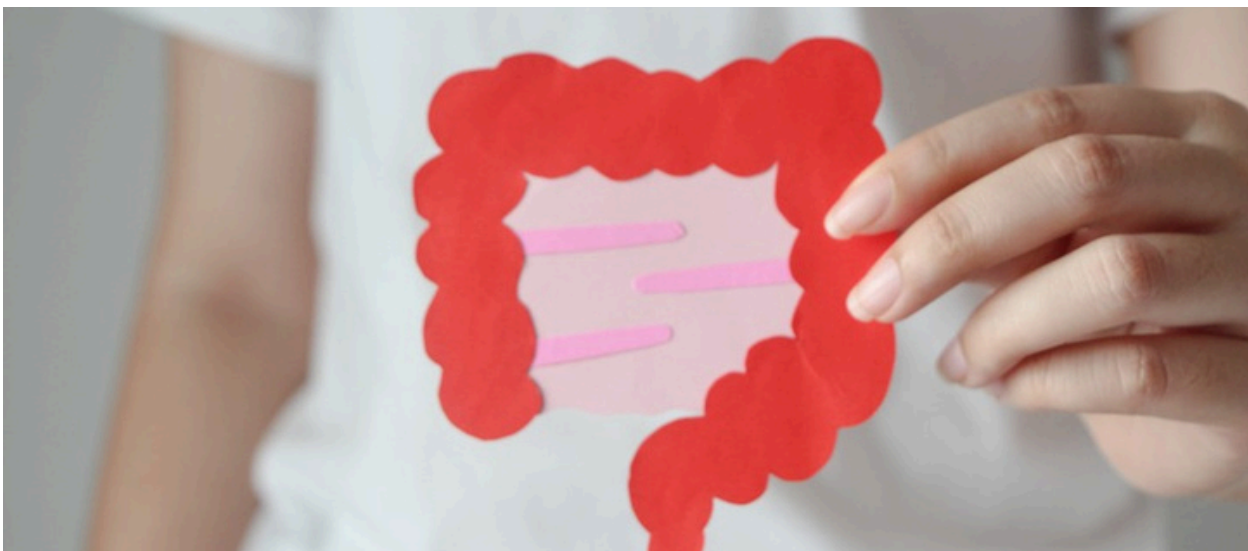
Everyone's IBS is different. What causes bloating and pain for one person might be totally fine for another. That's why a one-size-fits-all approach doesn't work — and why figuring out your personal trigger foods is key to long-term relief.

Food Sensitivity vs. Intolerance – What's the Difference?

These two terms are often used interchangeably, but they're not quite the same:

Type	What It Means	Common IBS Example
Food Sensitivity	Your body reacts to a food in a way that affects digestion or mood (non-allergic)	Feeling foggy or gassy after onions
Food Intolerance	Your body struggles to digest a certain food (often enzyme-related)	Diarrhea after eating lactose (milk)

Neither one is a food allergy. IBS reactions aren't life-threatening — but they can seriously impact your quality of life.



HOW TO TRACK YOUR TRIGGERS

The best way to figure out which foods affect you is by keeping a **simple food and symptom journal** during the elimination and reintroduction phases of the Low FODMAP Diet.

Here's what to track: (You don't need to track forever – but doing it for a few weeks can give you powerful insights.)

What to Write Down	Why It Matters
What you eat (ingredients, brand names, portion size)	Helps pinpoint which food(s) may be the culprit
When you ate it	Symptoms can be delayed by several hours
Your symptoms (type, intensity, timing)	Helps identify patterns and track improvement over time
Mood, stress, sleep, cycle, bowel habits	These factors also affect digestion and symptoms

SAMPLE FOOD & SYMPTOM LOG (EXAMPLE)

Time	What I Ate	Symptoms (1-10)	Notes
8:00am	Oatmeal with banana & almond milk	0	Slept well, calm morning
12:30pm	Grilled chicken, rice, spinach	1	Slight gas, no pain
7:00pm	Pasta (wheat), tomato sauce, cheese	6	Bloating, cramps by 9pm
			Had stressful day at work



Patterns will start to emerge over time – and once you spot them, you can start making changes that actually help.

USE THIS TIME AS A RESET, NOT A DIET

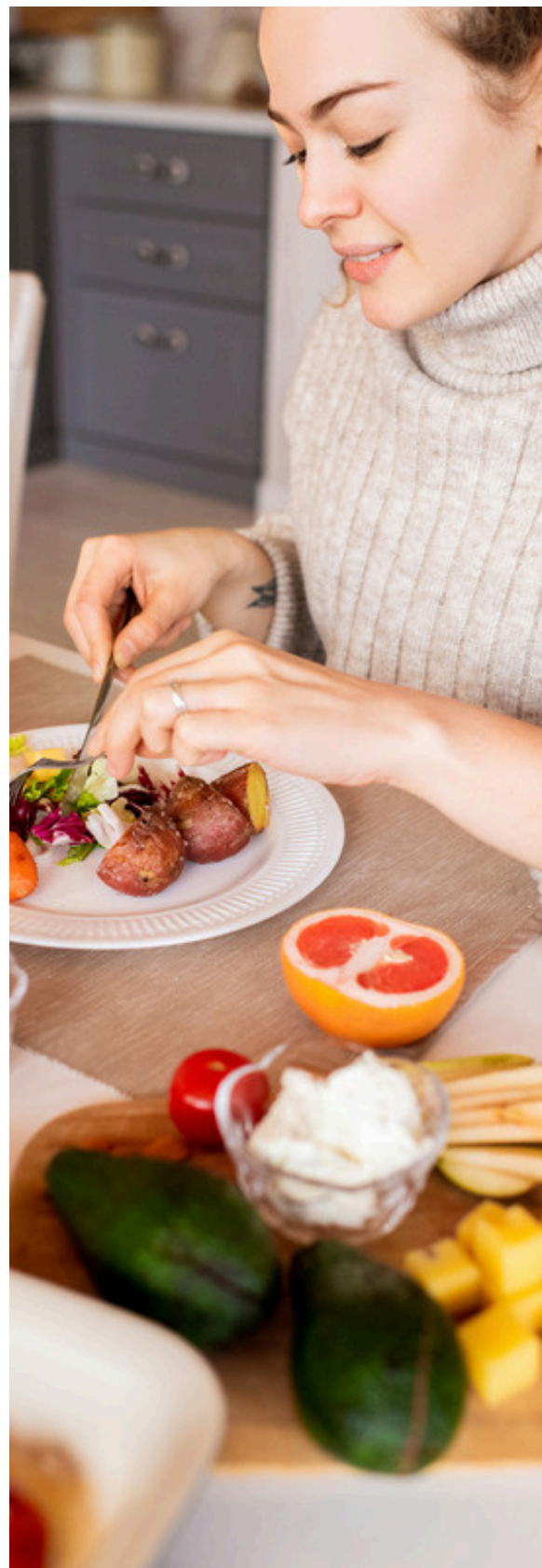
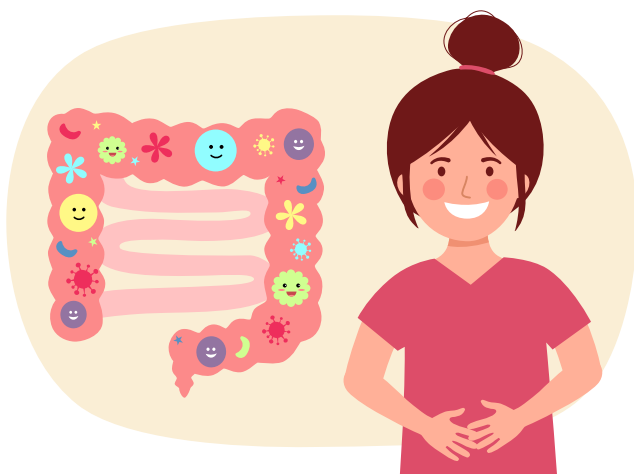
You're not trying to restrict forever.

You're creating a controlled environment to learn about your body. Once you understand your personal triggers, you can reintroduce foods with way more confidence and flexibility.

This process isn't about "never eating onions again." It's about discovering that maybe you can have a little garlic oil, but not raw garlic. Or that dairy only bothers you when you're stressed and tired. That kind of clarity is empowering.

It gives you the freedom to make informed choices instead of constantly guessing or fearing food. You'll be able to enjoy meals without anxiety, plan social events with less worry, and stop feeling like your gut is running your life. Instead of avoiding everything "just in case," you'll know your limits – and how to work with them, not against them.

In the end, this isn't just about food. It's about giving you back a sense of control, confidence, and comfort in your daily life.



TRACKING TEMPLATE

PRINTABLE FOOD & SYMPTOM JOURNAL TEMPLATE

Use this daily tracker to log what you eat, how you feel, and any patterns you notice. This tool will help you identify your personal IBS triggers during the elimination and reintroduction phases.

Instructions:

- Fill out the chart each day.
- Be honest but gentle with yourself.
- Look for symptom patterns 1-2 hours after meals, or delayed reactions later in the day.

DAILY FOOD & SYMPTOM LOG

Time	What I Ate/Drank	Portion Size	Symptoms (1-10)	Type of Symptoms (bloating, pain, gas, etc.)	Mood / Stress Level	Bowel Movements? (Y/N)	Notes

Tip: Use a 1-10 scale for symptoms where 1 = very mild and 10 = severe. Note things like cramps, bloating, gas, urgency, or fatigue.

ELIMINATION & REINTRODUCTION

YOUR STEP-BY-STEP PLAN

Now that you've learned what FODMAPs are and how to track your symptoms, it's time to put everything into action. This is where the Low FODMAP Diet becomes a tool for empowerment, not restriction. **You'll go through two key phases:**

1 ELIMINATION
to calm your gut and reset

2 REINTRODUCTION
to figure out your unique triggers

1 Phase 1: The Elimination Phase

This is your reset phase – where you temporarily remove all high-FODMAP foods from your diet for 2–6 weeks. The goal is to reduce symptoms and give your gut a break.

What You Do:

- Eat only low-FODMAP foods
- Track meals and symptoms daily
- Focus on consistency, not perfection

How Long It Lasts:

- Typically 4 weeks (can be as short as 2 or as long as 6, depending on your symptoms)
- If you're not seeing any symptom relief after 4–6 weeks, check in with your doctor or dietitian

This is NOT a forever diet. It's temporary. Like a detox for your gut.

2

Phase 2: The Reintroduction Phase

Once your symptoms have calmed down, it's time to slowly reintroduce high-FODMAP foods – one group at a time – to find out which ones your body tolerates and which ones cause trouble.

✓ How to Do It:

- Choose one FODMAP group to test (like lactose or fructose)
- Pick one food from that group (e.g. milk for lactose)
- Eat a small amount of that food for 3 days while tracking symptoms
- Wait a few days before testing the next group

Day	Food	Portion Size	Symptoms?
1	½ cup milk	Small	
2	1 cup milk	Medium	
3	1.5 cups milk	Large	

If you feel fine – great! That food is likely safe for you. If you have symptoms, that group may be a trigger.

KEY TIPS FOR REINTRODUCTION:



- Only test one food at a time
- Be patient – this phase takes several weeks
- Use your symptom tracker for accurate results
- Return to low-FODMAP baseline between tests
- Try each FODMAP group (don't skip ones you think are problems – test them to know for sure)

14-DAY LOW FODMAP MEAL PLAN



14-DAY LOW FODMAP MEAL PLAN

A complete, beginner-friendly guide to easing into the elimination phase. Starting a Low FODMAP diet can feel overwhelming at first – especially when you're not sure what to eat. This 14-day meal plan is here to take the guesswork out and help you feel confident right away.

These meals are simple, gut-friendly, and based entirely on low FODMAP ingredients. You can use this plan exactly as it is, or mix and match to fit your routine. Either way, the goal is to calm your gut, reduce symptoms, and help you feel better fast.

HOW TO USE THIS MEAL PLAN:

- All meals are Low FODMAP friendly (elimination-phase approved)
- Portion sizes are general suggestions – adjust as needed for your hunger, goals, or doctor's advice
- You can repeat weeks 1 and 2 if needed during your elimination phase
- Always drink plenty of water, chew slowly, and eat mindfully

WEEKLY OVERVIEW

Each day includes:

- Breakfast
- Lunch
- Dinner
- Optional snacks or additions noted as needed

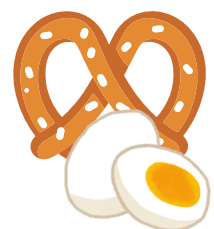


WEEK 1: GUT RESET

Day	Breakfast	Lunch	Dinner
Mon	Overnight oats with almond milk, chia seeds, and strawberries	Grilled chicken salad (spinach, carrots, cucumbers, olive oil)	Baked salmon, rice, steamed zucchini
Tue	Scrambled eggs with spinach + gluten-free toast	Turkey lettuce wraps + side of grapes	Grilled tofu stir-fry with bell peppers, rice noodles
Wed	Smoothie: kiwi, spinach, cucumber, lactose-free yogurt	Rice bowl with grilled shrimp, carrots, and zucchini	Baked potato, grilled chicken, sautéed green beans
Thu	Rice cakes with peanut butter + orange slices	Tuna salad over spinach with olive oil + quinoa	Ground turkey patties, roasted carrots, mashed sweet potato
Fri	Omelet (egg, zucchini, bell peppers) + banana	Chicken quinoa bowl with cucumbers + lemon vinaigrette	Baked cod, rice, sautéed spinach
Sat	Gluten-free pancakes with blueberries + maple syrup	Lentil-free veggie soup + rice crackers	Grilled steak, polenta, roasted zucchini
Sun	Coconut yogurt with strawberries and chia	Leftover protein + salad	Turkey meatballs with rice pasta + plain tomato sauce (no garlic/onion)

Optional Low FODMAP Snacks

- Boiled eggs
- Cucumber slices with olive oil + salt
- Handful of walnuts or pumpkin seeds
- Gluten-free pretzels



WEEK 2: BUILDING CONFIDENCE

Day	Breakfast	Lunch	Dinner
Mon	Oatmeal with kiwi + almond butter	Chicken and rice lettuce wraps + cucumber slices	Grilled salmon with mashed potato and sautéed carrots
Tue	Smoothie: banana, spinach, blueberries, almond milk	Tuna quinoa salad with lemon vinaigrette	Chicken stir-fry with rice and bok choy
Wed	Scrambled eggs + gluten-free toast + orange	Shrimp avocado salad (no onion)	Zucchini noodles with turkey meat sauce
Thu	Rice porridge with strawberries and chia seeds	Turkey burger lettuce wrap + sweet potato wedges	Baked white fish, rice, steamed spinach
Fri	Omelet with spinach + grapes	Lentil-free veggie soup + gluten-free crackers	Grilled chicken with quinoa and roasted carrots
Sat	Smoothie bowl with banana, lactose-free yogurt, and kiwi	Leftover protein with salad and olive oil	Ground beef stir-fry with rice and zucchini
Sun	Coconut yogurt + blueberries + sunflower seeds	Chicken and rice soup (low-FODMAP broth)	Turkey-stuffed bell peppers (no onion/garlic)

Optional Low FODMAP Snacks

- Strawberries, blueberries, kiwi, oranges
- Plain rice cakes with almond butter
- Lactose-free yogurt or coconut yogurt



NATURAL & ALTERNATIVE THERAPIES

While diet is the foundation of IBS relief, it's not the only piece of the puzzle. For many people, layering in gentle, natural approaches can significantly reduce symptoms – especially when stress or nervous system dysregulation play a role.



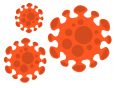
HERBAL REMEDIES

Certain herbs have been used for centuries to soothe digestive discomfort. Today, many are supported by science and recommended by GI professionals.

Herb	How It Helps	How to Use
Peppermint Oil	Antispasmodic; helps relax intestinal muscles and reduce cramping	Enteric-coated capsules or tea
Ginger	Aids digestion, reduces nausea and inflammation	Fresh, as tea, or in capsules
Chamomile	Calming, anti-inflammatory, relieves bloating and mild cramping	Tea (especially helpful before bed)
Fennel	Eases gas and bloating	Tea or in cooking (FODMAP-safe in small amounts)

Always choose herbal supplements that are third-party tested, and speak to your doctor if you're on medications or pregnant.





PROBIOTICS & PREBIOTICS

Gut health depends on a healthy balance of bacteria – and for some people, probiotics can help improve digestion, reduce bloating, and support regularity.

Probiotics – Live Bacteria

Strain Name	How It Helps	Notes
<u>Bifidobacterium infantis</u> 35624	Reduces bloating, gas, and abdominal pain	Found in some IBS-specific supplements
<u>Lactobacillus plantarum</u>	Supports overall digestion and gut balance	Good for gas and irregularity
<u>Bifidobacterium bifidum</u>	Aids in regulating bowel movements, reduces inflammation	Especially helpful for diarrhea-prone IBS

Tip: Start slowly. If symptoms worsen, reduce the dose or switch strains.

Prebiotics – Fuel for Good Gut Bacteria

Prebiotic Source	FODMAP Status	How to Use
Oats	Low FODMAP	Cooked or overnight oats
Bananas (firm only)	Low FODMAP	Eaten slightly green – not overripe
Chia seeds	Low FODMAP	Add to smoothies, yogurt, or soaked oats

Reintroduce prebiotics after the elimination phase, once your triggers are clear.



BREATHWORK, YOGA & MIND-BODY THERAPIES

Because of the gut-brain connection, your stress levels, mood, and emotional health can directly impact your digestion.

Here are simple practices shown to calm the gut and reduce IBS flares:

Practice	What It Does	Try This
Diaphragmatic Breathing	Activates the parasympathetic nervous system (rest & digest)	5-10 mins in the morning or before meals
Yoga (gentle/stretching)	Improves circulation, reduces bloating, relieves tension	Poses: child's pose, supine twist, cat-cow
Meditation / Mindfulness	Lowers stress hormones and inflammation	5-15 minutes daily, even a walking meditation
Acupuncture	Can help modulate digestive function and reduce flare-ups	Seek a licensed acupuncturist familiar with IBS

IBS is not “just in your head” – but your brain does play a role. Taking care of your nervous system helps your gut calm down too.

BONUS TIPS FOR GUT-CALMING SELF-CARE

- Get consistent sleep (7-9 hours)
- Create a relaxing evening routine (limit screens, dim lights)
- Stay hydrated (herbal teas count!)
- Take screen-free breaks during the day to walk or stretch





PROBIOTIC GUT SUPPORT FOR IBS RELIEF

Struggling with bloating, gas, or irregular bowel movements? Probiotic Gut Support is designed to help restore balance and ease IBS discomfort.

Each serving delivers:

- 60 Billion CFU of 10-Strain Probiotics – to support a healthy gut microbiome.
- 9 Digestive Enzymes – to break down proteins, fats, and carbs for smoother digestion.
- Organic Prebiotic Complex – to feed good bacteria and improve nutrient absorption.

With delayed-release capsules, probiotics survive stomach acid and reach your intestines where they're most effective. This means better digestion, less bloating, improved immunity, and more energy for your day.

Member Price: \$16.95 (Save over 50% compared to brands like Physician's Choice and Ancient Nutrition).

Vegan

Non-GMO

Gluten-Free

Dairy-Free

Third-Party Tested

How to use: Take 2 capsules daily with water.

Support your gut, reduce IBS symptoms, and feel your best with LiveGood Probiotic Gut Support.

Stop suffering in silence. **Order now and give your gut the powerful support it needs!**

Parasite Cleanse

Gut health. Gentle detox. Whole-body wellness.

Parasites are more common than most people realize — even in developed countries. They can enter the body through everyday activities like eating raw or undercooked food, drinking untreated water, interacting with pets, traveling internationally, or even walking barefoot outdoors. Once inside, they can quietly contribute to digestive discomfort, bloating, fatigue, and that "just feeling off" sensation many people can't quite explain. **Get your bottle now!**

THANKYOU LET'S BEGIN!

YOU'RE IN CONTROL NOW

If you've made it this far – take a deep breath. You've just gained powerful knowledge about how your gut works, what can trigger your symptoms, and most importantly, how to take control of your health.

IBS is challenging, unpredictable, and deeply personal – but it is manageable. Whether you're just beginning your Low FODMAP journey or you're finally connecting the dots between stress and your symptoms, know this:

You are not alone.
You are not broken.
And you have options.

with consistency and self-compassion, you can experience less pain, more freedom, and a better quality of life. It's not about perfection – it's about progress.

**YOU'VE
GOT THIS!**