



7

Strategies to Start Managing Your IBS *Today!*

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What is IBS?

Irritable Bowel Syndrome, most often referred to as IBS, is a common functional gastrointestinal disorder. This means that there are no structural issues with your intestines.

Rather, the intestines do not work the way they are intended. Such as:

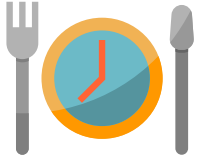
- The speed that food passes through your intestines is altered (constipation or diarrhea)
- More sensitive nerves of the intestines that cause pain.
- The way the brain controls the intestines is impaired.

Will these strategies help me?

These strategies are for you if you are ready:

- ***To wear the clothes you like*** and control the bloating.
- To ***rid your body of daily abdominal pain*** or discomfort.
- ***Freedom from the bathroom*** by having regular bowel movements.
- ***Increase your energy and mental clarity.***

If you answered yes, to any of the bullets above, then proceed to the following strategies to start TODAY!



One

Focus on Meal Time and Size

You don't want to overwhelm your digestion with large servings of food in one sitting. Instead, eat smaller meals, spread out throughout the day.

Instead of 3 meals, **have 4-5 scheduled meals. Aim for at least 3 hours in between each meal.**

Two

Limit Fat at Meals

Large amounts of fat (Pizza, fried foods, and cream based foods) can take a longer time for your body to break down and digest. These foods can increase abdominal pain, gas, and bloating. So **skip the fried and greasy foods.**





Three

Increase Fiber

Dietary fiber can help with bowel regularity for constipation and diarrhea. However, some high fiber foods for those with IBS may cause pain and bloating due to fermentation in the gut such as wheat, beans, brussel sprouts, avocados.

HOWEVER, there are other high fiber foods to gradually add into your diet. These include: ***raspberries, strawberries, brown rice, quinoa, chia seeds, flax seed, canned chickpeas or lentils.***

Four

Choose Your Drink



If you battle IBS with diarrhea, it is important to replenish the fluids you lose through frequent stools. If you have IBS with constipation, staying hydrated will help move stools through your intestines with ease.

HOWEVER, make sure you choose drinks that won't make your symptoms worse. Such as coffee, juices, and alcohol can cause abdominal cramping and diarrhea.

Instead, try to ***hydrate with water*** throughout the day. You can also try dairy substitutes such as ***almond milk or lactose free milk***. Teas such as ***peppermint or ginger can aid with bloating***.



Five

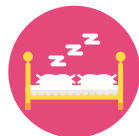
Manage Stress

Have you noticed that your symptoms become worse during times of stress? This is due to the brain and gut axis. Stress is inevitable, but you can arm yourself with strategies to manage and decrease the symptoms such as:

- **Keeping a daily gratitude journal**
- **Move your body** whether it is doing yoga, walking, or any other form of exercise to release the feel good hormones.

Six

Get a Good Night's Sleep



Getting adequate sleep can help alleviate your IBS Symptoms. Try increasing activity during the day, **keep the same bedtime** and wake up time, **relax before bed without any screens**, and no caffeine within 4 hours of bedtime.



Seven

Keep an IBS Journal

The best way to understand your symptoms is to keep a journal of: Your symptoms, what **food and amounts** of food you ate, **sleep** patterns, and **mood** to more efficiently identify your triggers.

If you are ready for your life to look like:

- Every day you feel comfortable and confident in your clothes because your stomach is flat.
- You feel energized and have mental clarity.
- You no longer feel anxious about social events because you know your trigger foods.
- Your gut is predictable and YOU are in control.

IBS 1:1 Signature Program

- I guide you through the low FODMAP process with worksheets and personalized meal plans.
- Accountability tasks and logs to keep you on track and achieving your symptom relief.
- Individualized supplement program.

AT 30 DAYS IF NO IMPROVEMENTS Money back guarantee

Cari Riker is a Registered Dietitian who specializes in IBS & digestive disorders.

She sees clients virtually, or in person if in the Nashville, TN area.



Questions? Email Cari at:
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