

## **‘NUTRITIONAL TIPS’**

### **IRRITABLE BOWEL SYNDROME**

Irritable bowel syndrome (‘IBS’) affects 20 to 25 million Americans. A few changes in your eating habits can help manage this painful condition.

‘IBS’ is characterized by lower abdominal pain, constipation, diarrhea, bloating, excessive gas and other feelings of discomfort. ‘IBS’ is a functional disorder in which the intestine appears normal but it isn’t working properly. It is thought that ‘Hydration’, consuming adequate ‘Clean Clear Water’ is very important. Start each day with 8 to 12 ounces just after your feet hit the deck! This intake kick starts your metabolism. Adding a little dietary psyllium fiber is a useful discipline. North American diets tend to be low in fiber! Eat lots of raw vegetables!

‘IBS’ doesn’t have a clear cause, but abnormal contractions in the intestine, stress and food intolerance all seem to play a role. If you think you might be suffering from ‘IBS’, try the following:

- Keep a food diary to determine what foods trigger your symptoms
- Eat smaller, more frequent meals
- Eat high-fiber foods like beans, whole grains, fruits and vegetables
- Drink plenty of fluids to help prevent constipation
- Limit your intake of caffeine and alcohol, which can stimulate the intestine.

If you continue to struggle with ‘IBS’, talk to your physician and take your food diary with you to help make his diagnosis easier. Contact a dietetics professional for more help with an eating plan that is right for you. Eating regularly helps you poop more regularly!

You are well advised to contact [www.natren.com](http://www.natren.com) to investigate the ‘Trenev Trinity’ as a source of critical ‘Healthy Bacteria’ balance in your ‘Gastrointestinal Tract’. Most people do NOT have this easily maintained gift!

Make good things happen!

### **SATISFACTION GUARANTEED**

E-Mail: [AskUs@555golf.com](mailto:AskUs@555golf.com)

WebSite: [555golf.com](http://555golf.com)

Telephone: (817) 673-8888

24/7