

-By Dr. Nivedta Pandey-

7-DAY

DIET PLAN

For Healthy Gut



Preface..

Irritable Bowel Syndrome (IBS) is a condition that impacts millions of lives worldwide, yet it often remains shrouded in misunderstanding and stigma. Despite its prevalence, those living with IBS frequently face challenges not only in managing their symptoms but also in navigating a maze of misinformation and lack of awareness.

This book was born out of the collective desire to empower patients, caregivers, and healthcare providers with clear, accurate, and practical insights into IBS. As authors, we bring together our diverse expertise and shared passion for patient care. With years of experience in gastroenterology and neurology, we, Dr. Nivedita Pandey and Dr. Chandril Chugh, have encountered countless individuals whose quality of life has been profoundly affected by IBS. Their stories have inspired us to write this book—not just as a resource, but as a companion for those seeking to better understand and manage this complex condition.

In these pages, you will find an exploration of IBS that is both scientific and compassionate. We delve into the latest research, unravel the mysteries of gut-brain interactions, and provide actionable strategies for symptom management. From diet and lifestyle modifications to advances in medical therapy, our goal is to offer a comprehensive guide tailored to the needs of individuals at every stage of their IBS journey. We also address the emotional and psychological toll of living with IBS, recognizing that this condition is as much about the mind as it is about the body.

Through practical tips and personal insights, we hope to foster a sense of empowerment and resilience in our readers.

It is our belief that knowledge is the first step towards healing. Whether you are a person living with IBS, a caregiver, or a healthcare professional, we invite you to join us in this journey of understanding and discovery. Together, we can break the silence around IBS and create a world where no one feels alone in their struggles. We extend our deepest gratitude to our patients, colleagues, and families for their support and inspiration.

It is our sincere hope that this book serves as a source of comfort, clarity, and empowerment for all who read it.



Hello

Dear Reader,

Irritable Bowel Syndrome (IBS) represents a complex interplay between the digestive system and the brain, a condition that affects millions globally. As a neurologist, my work has focused on understanding the intricate connections between the gut and the brain—a relationship that is central to IBS. This book is designed to provide you with a clear understanding of the scientific underpinnings of IBS, along with practical strategies to manage its diverse symptoms. By demystifying the condition, we aim to empower you with knowledge and tools to improve your quality of life. Let's embark on this journey together.

Sincerely,

Dr. Chandril Chugh



Hello

Dear Reader,

Living with Irritable Bowel Syndrome (IBS) can often feel overwhelming. As a gastroenterologist, I have walked alongside countless patients navigating the daily challenges of this condition. Each story I've heard has deepened my understanding and strengthened my resolve to provide compassionate care and practical solutions. This book is an extension of that commitment—a guide to help you make sense of IBS, manage its symptoms, and reclaim control over your life. You are not alone in this journey. Together, we will explore ways to address the physical, emotional, and social impacts of IBS with empathy and hope.

Warm regards,

Dr. Nivedita Pandey

7-Day Diet Plan for IBS-D (Diarrhea Type)

Note: Aim to have small, frequent meals instead of large portions, which can help prevent overloading the digestive system.



7-Day Diet Plan for IBS-D (Diarrhea Type)



Day 1



Breakfast:

- Moong dal chilla (made with Fortune Moong Dal Flour) with a side of lactose-free curd (Amul Lactose-Free Curd).
- Herbal tea (peppermint or chamomile).

Mid-Morning Snack:

- 1 banana (Robusta Bananas).

Lunch:

- Steamed rice (India Gate Basmati Rice) with a bowl of homemade yogurt (Nestle A+ Curd, lactose-free if possible) and sautéed carrots and zucchini.

Evening Snack:

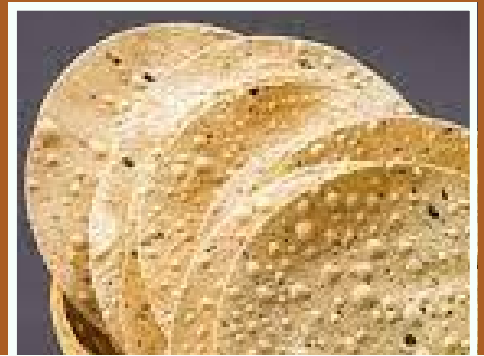
- Roasted makhana (Too Yumm Roasted Makhana, plain or lightly salted).

Dinner:

- Plain khichdi made with rice and yellow moong dal (Tata Sampann Yellow Moong Dal).
- Cucumber slices on the side.



7-Day Diet Plan for IBS-D (Diarrhea Type)



Day 2



Breakfast:

- Oats porridge made with rolled oats (Quaker Oats) and almond milk (Raw Pressery Almond Milk).
- Blueberries or strawberries (if tolerated).

Mid-Morning Snack:

- Coconut water (Real Activ Coconut Water).

Lunch:

- Idli (steamed, without fermented batter; use MTR Rice Idli Mix).
- Fresh coriander and grated carrot as garnish.

Evening Snack:

- Plain roasted papad (Lijjat Plain Papad) with a dash of lemon.

Dinner:

- Boiled sweet potatoes with a sprinkle of salt and black pepper.
- Small portion of sautéed spinach.



7-Day Diet Plan for IBS-D (Diarrhea Type)



Day 3



Breakfast:

- Poha made with flattened rice (Tata Sampann Poha) and lightly sautéed with cumin, turmeric, and a small amount of peanuts.

Mid-Morning Snack:

- 1 apple (peeled; small portion if apples trigger symptoms).

Lunch:

- Steamed rice with simple lentil soup (lightly spiced dal made from Fortune Yellow Moong Dal).

Evening Snack:

- Rice cakes (True Elements Rice Cakes) with a thin spread of peanut butter (Pintola Peanut Butter, smooth and natural).

Dinner:

- Grilled chicken breast with a side of boiled green beans and carrots.



7-Day Diet Plan for IBS-D (Diarrhea Type)



Day 4



Breakfast:

- Rice-based dosa (MTR Dosa Mix) with plain coconut chutney (without garlic or too much spice).

Mid-Morning Snack:

- Papaya slices (small portion).

Lunch:

- Jeera rice (Daawat Jeera Rice) with a side of lightly sautéed bottle gourd (lauki).

Evening Snack:

- Plain yogurt (Nestle A+ Curd) with a pinch of roasted cumin powder.

Dinner:

- Rice vermicelli (Bambino Rice Vermicelli) cooked with small amounts of boiled carrots, zucchini, and a dash of olive oil.



7-Day Diet Plan for IBS-D (Diarrhea Type)



Day 5



Breakfast:

- Cornflakes (Kellogg's Cornflakes, plain) with lactose-free milk (Amul Lactose-Free Milk).

Mid-Morning Snack:

- Handful of roasted pumpkin seeds (Rostaa Pumpkin Seeds).

Lunch:

- Plain curd rice (made with Nestle A+ Curd and rice; add a pinch of salt and grated cucumber).

Evening Snack:

- Steamed or roasted chana (Sundrop Roasted Chana), lightly salted.

Dinner:

- Mashed potatoes with a dash of salt and black pepper.
- Sautéed spinach and carrots on the side.



7-Day Diet Plan for IBS-D (Diarrhea Type)



Day 6



Breakfast:

- Rava upma (MTR Rava Upma Mix) with grated carrot and coriander.

Mid-Morning Snack:

- Coconut water (Real Active Coconut Water).

Lunch:

- Rice with light arhar dal (Tata Sampann Arhar Dal, well-cooked and mildly spiced).
- Side of boiled green beans.

Evening Snack:

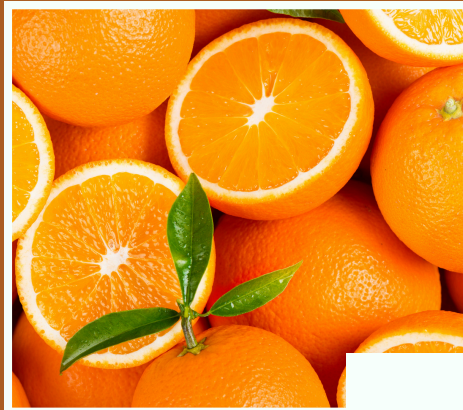
- Plain salted rice crackers (True Elements Salted Rice Crackers).

Dinner:

- Plain oats khichdi with rolled oats (Quaker Oats) and moong dal.



7-Day Diet Plan for IBS-D (Diarrhea Type)



Day 7



Breakfast:

- Steamed idli (MTR Rice Idli Mix) with a little coconut oil.

Mid-Morning Snack:

- 1 small orange (if tolerated; oranges can be high in fructose for some people).

Lunch:

- Plain rice with curd (Nestle A+ Curd, lactose-free if needed) and a small amount of grated carrot.

Evening Snack:

- Roasted makhana (Too Yumm Roasted Makhana).

Dinner:

- Plain khichdi made with rice and yellow moong dal (Fortune Moong Dal).
- Small side salad of cucumber slices.



Foods to Eat (For IBS-D Management)



- **Low-FODMAP Vegetables:** Carrots, spinach, zucchini, cucumber, green beans, bottle gourd (lauki).
- **Fruits (in Moderation):** Banana, papaya, blueberries, strawberries, small oranges (in moderation).
- **Grains:** Rice, oats, rice flour-based foods (like idli, dosa).
- **Protein:** Plain grilled chicken, boiled eggs, small portions of lentils (like yellow moong dal).
- **Dairy Alternatives:** Lactose-free milk and yogurt (Amul Lactose-Free Milk, Nestle A+ Curd).
- **Nuts and Seeds:** Small portions of peanuts, almonds, roasted chana, and pumpkin seeds.
- **Herbal Teas:** Ginger tea, peppermint tea, chamomile tea.



Foods to Eat (For IBS-D Management)



- **High-FODMAP Foods:** Fruits like apples, pears, mangoes, watermelon, and dried fruits. Vegetables like onions, garlic, cauliflower, broccoli, and cabbage.
- **Dairy Products:** Regular milk, paneer, cheese, and curd (unless lactose-free).
- **High-Fat and Fried Foods:** French fries, pakoras, samosas, deep-fried snacks.
- **Spicy Foods:** Avoid spicy curries, chutneys, and fried snacks.
- **Caffeine and Carbonated Beverages:** Avoid soda, coffee, and strong tea, as they can irritate the gut.
- **Artificial Sweeteners:** Sorbitol, mannitol, and xylitol often found in sugar-free products.
- **Gluten:** Wheat-based foods like bread, roti, and naan may be difficult to digest for some with IBS.



Additional Tips for IBS-D Management



1. Eat Slowly: Chew food thoroughly to aid digestion and avoid swallowing air, which can cause bloating.

2. Stay Hydrated: Drink plenty of water throughout the day, especially if you experience diarrhea frequently.

3. Use Small Amounts of Oil: Prefer steaming, boiling, or lightly sautéing foods to avoid excess fats.

4. Avoid Raw Vegetables: Stick to cooked vegetables as they are easier to digest.

This diet plan provides a structured approach to managing IBS-D with commonly available products in India. Adjust the portions and specific foods based on your personal tolerance, as individual responses to foods can vary greatly in IBS.



7-Day Diet Plan for IBS- Bloating Type

Note: Eating small, frequent meals and chewing food thoroughly can help reduce bloating. Avoid eating too quickly or drinking with straws, as they can lead to swallowing excess air, which can increase bloating.



7-Day Diet Plan for IBS-Bloating Type

Day 1

Breakfast:

- Plain oats porridge made with rolled oats (Quaker Oats) and almond milk (Raw Pressery Almond Milk).
- 1 ripe banana.

Mid-Morning Snack:

- Coconut water (Real Activ Coconut Water).

Lunch:

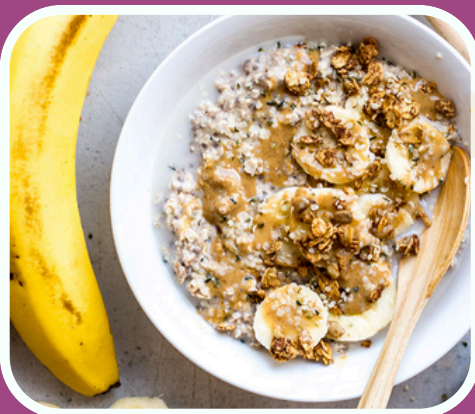
- Steamed rice (India Gate Basmati Rice) with lightly sautéed spinach and carrot.
- A side of lactose-free curd (Amul Lactose-Free Curd).

Evening Snack:

- Roasted makhana (Too Yum Roasted Makhana), plain or lightly salted.

Dinner:

- Plain khichdi made with rice and yellow moong dal (Fortune Moong Dal).
- Cucumber slices on the side.



7-Day Diet Plan for IBS–Bloating Type

Day 2

Breakfast:

- Poha (Tata Sampann Poha) with lightly sautéed green beans and a pinch of turmeric.
- Herbal tea (peppermint or ginger tea).

Mid-Morning Snack:

- 1 orange (in moderation as tolerated).

Lunch:

- 1 Jeera rice (Daawat Jeera Rice) with a bowl of plain homemade yogurt (Nestle A+ Curd, lactose-free if necessary).
- Grated carrot for garnish.

Evening Snack:

- Handful of roasted chana (Sundrop Roasted Chana).

Dinner:

- Grilled chicken breast with a side of boiled zucchini and carrots.
- A bowl of soup made with clear vegetable broth (Knorr Clear Vegetable Soup).



7-Day Diet Plan for IBS-Bloating Type

Day 3

Breakfast:

- Moong dal chilla made with Fortune Moong Dal Flour.
- A side of lactose-free curd (Amul Lactose-Free Curd).

Mid-Morning Snack:

- Papaya slices (small portion).

Lunch:

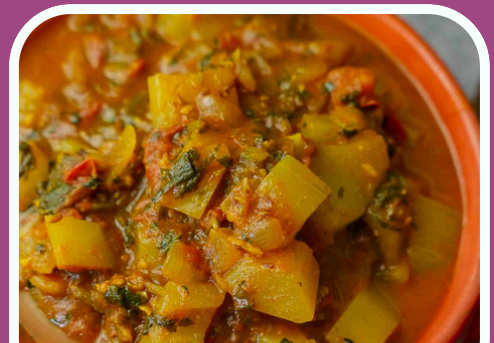
- Plain dosa (MTR Rice Dosa Mix) with a simple coconut chutney (without garlic).

Evening Snack:

- Plain rice crackers (True Elements Salted Rice Crackers).

Dinner:

- Plain boiled potatoes with black pepper and a little salt.
- Steamed bottle gourd (lauki) on the side.



7-Day Diet Plan for IBS-Bloating Type

Day 4

Breakfast:

- Cornflakes (Kellogg's Cornflakes, plain) with almond milk (Raw Pressery Almond Milk).

Mid-Morning Snack:

- 1 kiwi (if well tolerated).

Lunch:

- Rice with yellow moong dal (Tata Sampann Yellow Moong Dal) and a side of lightly steamed carrots.

Evening Snack:

- Roasted pumpkin seeds (Rostaa Pumpkin Seeds).

Dinner:

- Oats khichdi with rolled oats (Quaker Oats) and moong dal.
- A small cucumber and tomato salad (tomato in moderation).



7-Day Diet Plan for IBS-Bloating Type

Day 5

Breakfast:

- Idli (MTR Rice Idli Mix) with plain coconut chutney (no garlic or too much spice).

Mid-Morning Snack:

- Coconut water (Real Activ Coconut Water).

Lunch:

- Steamed rice with a light yellow moong dal and boiled zucchini.

Evening Snack:

- Plain roasted papad (Lijjat Plain Papad).

Dinner:

- Grilled fish or chicken with a side of boiled carrots and spinach.



7-Day Diet Plan for IBS-Bloating Type

Day 6

Breakfast:

- Rice vermicelli (Bambino Rice Vermicelli) cooked lightly with carrots and zucchini.

Mid-Morning Snack:

- Handful of roasted makhana (Too Yumm Roasted Makhana).

Lunch:

- Plain curd rice (Nestle A+ Curd mixed with rice) with a pinch of grated cucumber.

Evening Snack:

- Rice cakes (True Elements Rice Cakes) with a thin spread of peanut butter (Pintola Peanut Butter, smooth and natural).

Dinner:

- Plain mashed sweet potatoes with black pepper.
- A side of steamed green beans.



7-Day Diet Plan for IBS-Bloating Type

Day 7

Breakfast:

- Oats porridge with Quaker Oats and almond milk (Raw Pressery Almond Milk).
- 1 ripe banana.

Mid-Morning Snack:

- Papaya slices or 1 small orange (if tolerated).

Lunch:

- Jeera rice with plain yogurt (Nestle A+ Curd, lactose-free if needed) and grated carrot.

Evening Snack:

- Steamed or roasted chana (Sundrop Roasted Chana), lightly salted.

Dinner:

- Plain khichdi with rice and yellow moong dal (Fortune Moong Dal).
- A small portion of sautéed bottle gourd (lauki).



Foods to Eat (For IBS with Bloating)

These foods are gentle on the stomach and generally low in FODMAPs, which means they are less likely to cause bloating:

- **Low-FODMAP Vegetables:** Carrots, spinach, zucchini, cucumber, green beans, and bottle gourd (lauki).
- **Fruits (in Moderation):** Ripe banana, papaya, kiwi, orange (small portions).
- **Grains:** White rice, oats, rice flour-based foods (like idli and dosa).
- **Protein:** Plain grilled chicken, boiled eggs, small portions of fish, and lentils like yellow moong dal (in moderation).
- **Dairy Alternatives:** Almond milk (Raw Pressery Almond Milk), lactose-free yogurt and milk (Amul Lactose-Free Milk, Nestle A+ Curd).
- **Herbal Teas:** Ginger tea, peppermint tea, and chamomile tea can be soothing and reduce bloating.



Foods to Avoid (Trigger Foods for IBS with Bloating)

These foods can increase gas, bloating, and discomfort, so it's best to avoid or limit them if you're prone to bloating:

- **High-FODMAP Fruits:** Apples, pears, mangoes, watermelon, and dried fruits.
- **Certain Vegetables:** Onions, garlic, cauliflower, broccoli, cabbage, and beans.
- **Dairy Products:** Regular milk, paneer, cheese, and yogurt (unless lactose-free).
- **Carbonated Beverages:** Sodas and sparkling water can trap gas and increase bloating.
- **High-Fat and Fried Foods:** Deep-fried foods, chips, pakoras, and greasy snacks can slow digestion and worsen bloating.
- **Artificial Sweeteners:** Sorbitol, mannitol, and xylitol (found in sugar-free products) are known to increase bloating.
- **High-Gluten Foods:** Wheat-based foods like bread, roti, and naan can be difficult for some people to digest.



Additional Tips for Managing Bloating in IBS

1. **Chew Food Thoroughly:** Chewing well reduces the amount of air swallowed and eases digestion, reducing bloating.
2. **Avoid Chewing Gum and Drinking with Straws:** Both can lead to swallowing excess air, which contributes to bloating.
3. **Incorporate Ginger and Peppermint:** Both ginger and peppermint have properties that can ease gas and bloating. You can try ginger tea or peppermint capsules as part of your routine.
4. **Stay Hydrated:** Drinking enough water throughout the day supports digestion and can reduce bloating.

This diet plan focuses on soothing, low-FODMAP foods and is designed to help reduce bloating symptoms while still providing balanced nutrition. Adjust portion sizes and food choices based on your personal tolerance, as individual responses to foods can vary widely with IBS.



7-Day Diet Plan for IBS-C (Constipation Type)

Note: Staying hydrated and including fiber-rich foods gradually in your diet can help with constipation without causing bloating. Aim to drink 8-10 glasses of water daily.



7-Day Diet Plan for IBS-C (Constipation Type)

Day 1

Breakfast:

- Rolled oats porridge (Quaker Oats) made with warm water or almond milk (Raw Pressery Almond Milk).
- Topped with a few slices of kiwi and chia seeds (Neuherbs Chia Seeds).

Mid-Morning Snack:

- 1 apple with skin (if tolerated).

Lunch:

- Brown rice (Daawat Brown Basmati Rice) with sautéed spinach and carrots.
- Side of plain yogurt (Nestle A+ Curd, lactose-free if needed).

Evening Snack:

- Handful of roasted pumpkin seeds (Rostaa Pumpkin Seeds).

Dinner:

- Moong dal khichdi made with yellow moong dal (Tata Sampann Yellow Moong Dal) and brown rice.
- Steamed green beans and zucchini on the side.



7-Day Diet Plan for IBS-C (Constipation Type)

Day 2

Breakfast:

- Overnight oats (Quaker Oats) with almond milk (Raw Pressery Almond Milk), topped with blueberries and a spoonful of flaxseed (True Elements Flax Seeds).

Mid-Morning Snack:

- Coconut water (Real Activ Coconut Water).

Lunch:

- Plain roti (Aashirvaad Whole Wheat Atta) with vegetable curry made from bottle gourd (lauki) and grated carrots.
- Small side of cucumber salad.

Evening Snack:

- Handful of roasted chana (Sundrop Roasted Chana).

Dinner:

- Brown rice pulao with a small portion of carrots, spinach, and cumin.
- A small side of steamed broccoli (if well tolerated).



7-Day Diet Plan for IBS-C (Constipation Type)

Day 3

Breakfast:

- Moong dal chilla (using Fortune Moong Dal Flour) with grated carrot.
- A small bowl of lactose-free curd (Amul Lactose-Free Curd).

Mid-Morning Snack:

- 1 pear (if tolerated; pears contain fiber that helps with constipation).

Lunch:

- Jeera rice (Daawat Jeera Rice) with a bowl of light arhar dal (Tata Sampann Arhar Dal).
- Side of grated carrot and cucumber salad.

Evening Snack:

- Roasted flaxseeds (True Elements Flax Seeds) mixed with a few sunflower seeds.

Dinner:

- Plain khichdi with rice and moong dal.
- Steamed green beans and a side of lightly cooked carrots.



7-Day Diet Plan for IBS-C (Constipation Type)

Day 4

Breakfast:

- Dalia (broken wheat) porridge (Tata Sampann Dalia) cooked with grated carrots and a handful of spinach.
- Sprinkle of chia seeds (Neuherbs Chia Seeds).

Mid-Morning Snack:

- 1 banana.

Lunch:

- Roti (Aashirvaad Whole Wheat Atta) with sautéed okra and a small bowl of plain yogurt (Nestle A+ Curd).

Evening Snack:

- Handful of roasted makhana (Too Yumm Roasted Makhana), lightly salted.

Dinner:

- Boiled sweet potatoes with black pepper and a side of lightly cooked zucchini and carrots.
- A bowl of vegetable soup (Knorr Clear Vegetable Soup, homemade if possible).



7-Day Diet Plan for IBS-C (Constipation Type)

Day 5

Breakfast:

- Cornflakes (Kellogg's Cornflakes) with almond milk (Raw Pressery Almond Milk) and a few sliced strawberries.

Mid-Morning Snack:

- Coconut water (Real Active Coconut Water).

Lunch:

- Brown rice with vegetable curry made from spinach, carrots, and bottle gourd (lauki).
- Side of grated beetroot (if well tolerated).

Evening Snack:

- Plain roasted chana (Sundrop Roasted Chana).

Dinner:

- Mashed boiled potatoes with a sprinkle of flaxseeds (True Elements Flax Seeds).
- A side of lightly steamed green beans and zucchini.



7-Day Diet Plan for IBS-C (Constipation Type)

Day 6

Breakfast:

- Idli (MTR Rice Idli Mix) with plain coconut chutney (low spice, no garlic).

Mid-Morning Snack:

- 1 kiwi (rich in fiber and helps with constipation).

Lunch:

- Vegetable pulao made with brown rice, carrots, and spinach.
- A small bowl of plain yogurt (Nestle A+ Curd).

Evening Snack:

- Rice cakes (True Elements Rice Cakes) with a thin layer of peanut butter (Pintola Peanut Butter, smooth and natural).

Dinner:

- Moong dal khichdi with brown rice and yellow moong dal.
- Steamed bottle gourd and carrot on the side.



7-Day Diet Plan for IBS-C (Constipation Type)

Day 7

Breakfast:

- Ragi porridge (Soulfull Ragi Porridge Mix) made with almond milk (Raw Pressery Almond Milk) and a few sliced strawberries or blueberries.

Mid-Morning Snack:

- Papaya slices.

Lunch:

- Jeera rice with a bowl of light moong dal (Tata Sampann Yellow Moong Dal) and sautéed green beans.

Evening Snack:

- Handful of roasted pumpkin seeds (Rostaa Pumpkin Seeds).

Dinner:

- Boiled sweet potatoes with black pepper and steamed spinach.
- A small bowl of homemade vegetable soup with carrots, zucchini, and bottle gourd.





Foods to Eat (For IBS with Constipation)

These foods are rich in fiber and gentle on the digestive system, promoting regular bowel movements:

- **Low-FODMAP Vegetables:** Carrots, spinach, zucchini, bottle gourd (lauki), green beans, okra.
- **Fruits:** Bananas, kiwi, papaya, strawberries, blueberries (all in moderation).
- **Whole Grains:** Brown rice, oats, whole wheat (if well tolerated), broken wheat (dalia).
- **Lentils:** Yellow moong dal and arhar dal (small portions).
- **Nuts and Seeds:** Chia seeds, flaxseeds, pumpkin seeds, sunflower seeds (small portions).
- **Dairy Alternatives:** Almond milk (Raw Pressery Almond Milk), lactose-free yogurt and milk (Amul Lactose-Free Milk, Nestle A+ Curd).
- **High-Fiber Snacks:** Roasted chana, makhana, and roasted seeds.



Foods to Avoid (Trigger Foods for IBS with Constipation)



These foods can slow down digestion or cause bloating and gas, so they should be avoided:

- **High-FODMAP Vegetables:** Onions, garlic, cauliflower, broccoli, cabbage, and beans (except for small amounts of yellow moong dal).
- **Processed Grains:** White bread, white rice (low in fiber), pasta.
- **Fruits High in FODMAPs:** Apples, pears, mangoes, and prunes.
- **Dairy Products:** Regular milk, paneer, cheese, and yogurt (unless lactose-free).
- **High-Fat and Fried Foods:** Deep-fried snacks, chips, pakoras, and other oily foods.
- **Sugary and Processed Foods:** Sweets, pastries, cakes, and refined snacks.
- **Caffeine and Carbonated Drinks:** Soda, coffee, and energy drinks, which can dehydrate and worsen constipation.





Additional Tips for Managing Constipation in IBS

- 1. Stay Hydrated:** Drinking water throughout the day softens stools, making them easier to pass. Aim for 8-10 glasses daily.
- 2. Introduce Fiber Gradually:** Gradually increase fiber intake to avoid bloating. Fiber-rich foods like oats, brown rice, and flaxseeds are good choices.
- 3. Incorporate Regular Exercise:** Physical activity, even a daily walk, can stimulate bowel movements and reduce constipation.
- 4. Include Natural Laxatives:** Kiwi, papaya, and flaxseeds can help relieve constipation naturally. Try to incorporate them into your snacks or meals.

This diet plan focuses on fiber-rich, gut-friendly foods available in India, which are designed to help manage constipation without causing bloating. Adjust portions and food choices based on personal tolerance, as individual responses to foods can vary greatly with IBS.



Unlock Your Gut's Potential: Transform Your Health From the Inside Out!

Join our Masterclass and learn proven strategies to optimize your gut health for improved digestion, boosted immunity, and boundless energy.

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 - ✅ **3 common mistakes that make your symptoms worse** (and how to avoid them).
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