

RANDI'S STORY.....5

WHO IS RANDI CESTARO.....7

MEETING THE CHALLENGE OF LIVING WITH IBS.....8

 My doctor told me I have IBS. What is it?.....8

 How did IBS develop in my body?.....8

 What foods should be eliminated from my diet?.....9

 How can I eliminate coffee?.....9

 John.....8

 More foods to eliminate.....9

 What is fiber and how much do I really need in one day?.....10

 Will fast eating cause a digestive problem?.....10

 What else can I do for easier food digestion?.....11

 What are “balanced foods.”.....11

 Breakfast Suggestions.....12

 Lunch Suggestions.....12

 Dinner Suggestions.....13

 How can I enjoy eating out?.....14

 What kinds of beverages should I drink?.....14

 How do I find relief from bloating?.....14

 How do I survive a painful IBS attack?.....15

 What is a probiotic?.....15

 What is intestinal flora and how does it relate to IBS?.....15

 Can intestinal flora be increased through food?.....16

 How can I reduce or eliminate my stress?.....16

 Does laughter help my healing?.....16

 What role does exercise play in healing?17

 How can I help foods move through my body more easily?.....17

 How can I improve body elimination?.....18

 Will a hot water bottle help my stomach relax?.....18

 How can friends and family support healing?.....18

 How do I stay on the healing track?.....19

 Will I always have IBS?.....19



Will fast eating cause a digestive problem?

I eat faster than most people--will that cause a digestive challenge to my system? Yes and here's why. The slower the chewing process, the more saliva is present to break down the food.

Faster eating only promotes more gas because it allows more air to enter the mouth. When food is eaten quickly, there is a high level of undigested food in the stomach that did not break down properly.

Digestion begins in the mouth, long before it arrives in the intestines. Saliva aids in breaking down the food so that it's easier on the intestines. Here's an example: you are eating in a rush or while talking on the phone. Doing that means you are taking in quite a bit of air. That excess air contributes to gas build up. Likewise, eating at such a fast pace guarantees there is not enough saliva to break down the food, making it much harder on the intestinal tract.

To get started in the correct habit of chewing, chew every mouthful of food at least 35 times, until the food becomes liquid. It is also helpful to put your fork down in between bites.

Are you willing to do an experiment? Make a conscious effort to eat more slowly, giving yourself plenty of time for a relaxing meal. Do this for two weeks and then notice how much your IBS has improved.

Eating slower will help you enjoy your food more and become fuller faster. Take other steps to help you enjoy your meal in a relaxed manner: play mellow music, dine by candlelight, use chopsticks, whatever methods assist you in eating slower, and take action now to make the changes work for you.