

DR dahlman ONLINE

Conquering Irritable Bowel Syndrome:

## How To Become Symptom Free



Thank you for your interest in my protocol for the treatment of Irritable Bowel Syndrome (IBS). I appreciate you taking the time to find my website to receive this information.

A lot of hard work has gone into this project and it has taken many years of study for me to even claim that I may be able to help you. Please understand that I am now retired, but that doesn't mean I shouldn't try to spread this protocol to everyone who needs it. You can follow this protocol on your own or share it with another doctor for some additional guidance. I know how you are feeling. I have seen or helped via email thousands of you since 1997.

Please read this report and feel free to email me at [info@DrDahlman.com](mailto:info@DrDahlman.com) anytime with questions about how to get started or for answers to quick questions. Also note that if you read this document on your computer, I provide clickable links to much more information about each subject that can be found at [www.DrDahlman.com](http://www.DrDahlman.com). Good luck!

The main purpose of this article is to teach you how to identify the reasons you have IBS and reduce or eliminate all symptoms associated with it. In order to get there, we will discuss:

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## A DEFINITION AND SYMPTOMS FOR IBS

There is no actual medical definition of Irritable Bowel Syndrome. It appears to be a name that the medical community has given to a set of symptoms. And let's face it, if they don't name it, then the pharmaceutical companies can't produce a drug for it. My definition is ANY uncomfortable symptoms associated with your gastrointestinal system. That system starts at your lips and goes all the way to the other end! Symptoms may include gas, bloating, indigestion, heartburn, reflux, GERD (Gastro Esophageal Reflux Disease), pain, cramps, diarrhea, constipation, alternating diarrhea/constipation, abnormal frequency or urgency, vomiting, pain, spasms, hemorrhoids or any other symptom that you experience that causes you discomfort. You may have one of those symptoms or six of them...you still have IBS.

## THE TRADITIONAL MEDICAL APPROACH

You've already been through this, so you could probably write this next section. But let's take a look at what the typical IBS patient has experienced when trying to solve the problem and then take a look at their frustrating experience with the traditional medical approach.

All IBS patients seem to share a common path, from first realizing that something has changed, to finally seeking medical attention. It begins with a new pain, some stomach gurgling, a little heartburn, maybe gas and bloating that you never had before or a change in bowel habits. You don't really notice at first, it's not that big of a deal. It continues, you thought it might go away, it doesn't, so you self-medicate with over-the-counter products. For gas and bloating, heartburn or reflux, antacids like Tagamet, Pepsid AC, Tums or Rolaids would be the patient's first choice.

It's such a common condition that the television, especially at dinnertime, are full of these advertisements making them the number one selling category of over-the-counter medications. If they don't work, it's off to your physician for a 4-6 minute visit with someone who's probably not listening and a prescription for an antacid like Prilosec or Nexium. Did you know that the most common side effects of Nexium are headaches, diarrhea and abdominal pain? What are they thinking?

If your complaint is diarrhea or loose bowel movements, you guzzle Imodium or Pepto Bismol. If it's constipation, it's Metamucil, Citrucel, Fibercon and a stool softener. If the constipation continues, it's again off to your friendly doctor for Propulsid. Somewhere along the way the patient realizes that certain foods exacerbate the problem, and they begin to avoid them or become afraid to eat. Some are afraid to leave the house and when they do, they have to know every bathroom between their home and destination.

If there's pain involved, you try aspirin, Tylenol, Advil, Bufferin, ibuprofen or other non-steroidal anti-inflammatory (NSAIDS) pain relievers. NSAIDS are the second most common over the counter medication sold today. These may or may not work either and puts you in a position for your doctor to want to remove your gallbladder, since they've found nothing else to explain the symptoms, and as the medical profession foolishly believes, you don't really need it anyway.

Removal of the gallbladder rarely results in any relief and in most cases, creates additional digestive complaints because you now have an inability to digest fatty foods in an efficient manner. This may actually increase pain, gas and bloating. Imagine a physician suggesting there are irrelevant organs in the human body. Perhaps they think it's a design flaw?

Since none of these over-the-counter medications, prescriptions or dietary changes resolve the problem, it's once again off to our favorite well-intentioned physician. By now they're probably tired of seeing someone that they don't really have the tools or knowledge to help, so you are referred to a gastroenterologist.

Gastroenterologists are specialists in the intestinal tract, trained to perform unique testing to rule out a more serious condition or cancer, and are all quite good at that as well as being expert surgeons, but IBS usually escapes their expertise. So, the patient begins a series of tests that can include colonoscopy, endoscopy, barium enemas, MRI's and cat scans. You've been tested up this way and down that way and your doctor walks into the room and proudly announces that all the tests are negative and there's nothing wrong with

you. But you know there's something wrong.

More time goes by and the patient tries to cope as best they can after being told that they will just have to learn to live with it. But many patients' path through the traditional medical establishment probably has one more remaining surprise, particularly if you're a woman. Continued visits to your favorite physician to make the same complaint over and over again results in an unspoken, industry wide red flag that you need a prescription for an anti-depressant or a referral to counseling. This is a veiled medical insult. Your doctor is telling you that they have no idea how to help you, but it can't possibly be their fault. Do they think you are too emotional, a little too tense, so maybe you should just calm down, go home and feel better about feeling so bad? Who wouldn't be tense living with IBS?

What a journey! No results, your quality of life continues to deteriorate, you might be on anti- depressants that you don't need, and you are wasting a lot of money. You also believe that the prescriptions and over the counter medications are safe to take, after all, they are FDA approved. Unfortunately, all prescription and over the counter medications have side effects and unintended consequences.

The use of antacids seems reasonable and safe, and I will discuss their use and side effects a little later in this article. Fiber products are usually not high quality, tending to be rough on the insides of your digestive tract and can escort nutrition out of your body. This causes a mal- absorption problem, creating long term consequences. Chronic usage of aspirin and NSAIDS can damage the gastrointestinal system. See my discussion of self-medication also a little later in this report.

The desperate approach of removing the gallbladder also has unintended consequences. Unless you have gallstones, it rarely will be the cause of your discomfort. Once lost, you now have no ability to store bile, which is a digestive enzyme that is released when you eat fatty foods and means you can't efficiently digest the fat in your food. What's the cause of pain, gas and bloating? It's the inability to digest food in a timely manner. It is also quite common for the patient to gain weight after the surgery. Once again, a therapy without success, and that actually exacerbates the problem. The answer is not to avoid fatty foods, because you need fat in your diet for human health, but to supplement the deficiency with a digestive enzyme specific for fat. More on that later.

Such a bleak picture, could your doctor be right, there is no cure and you must learn to live with IBS? Of course not. The answer is so simple. Doctors must have forgotten their training. Or is it that the pharmaceutical companies have too much influence? The biochemistry, endocrinology and physiology courses in school are straightforward and the traditional doctor's lack of

nutritional training with no focus on natural medicine only complicates their inability to treat the patient. These forgotten courses hold the key to what helps the IBS patient.

## THE HOLISTIC/ALTERNATIVE/NUTRITIONAL/COMMON SENSE APPROACH

Call the approach what you will. Any name will do. The basic premise is we must find and understand the cause of why you aren't feeling well. IBS is simply a fundamental, functional deficit in 2 areas, BACTERIA and CHEMISTRY, and if not addressed, any other approach is doomed to failure. Searching for the cause of any chronic condition is a different mindset than using drugs to suppress your symptoms. It requires more work, better communication between physician and patient and a thought process that is able to eliminate confounding variables (such as diet) and get down to the basic, fundamental, functionality of the human body. In other words, what's interfering with the body's ability to express itself healthfully?

### QUICK START GUIDE

Let me summarize what you'll be learning as you read the remainder of this report. The premise we will work with is that your IBS is related to an unhealthy gastrointestinal system and we must bring that system back to health, balance and efficiency. There is a lot of information presented here. You may need to read the report many times, but you'll always have the ability to come back to this section and review just the high points. When I talk to many of you on the phone who have read this report, there always seems to be something that the patient hasn't grasped or can't remember. You may need to read the information presented here a number of times, but here it is in a nutshell.

1. There are only 2 areas of concern when it comes to overcoming any symptoms associated with the gastrointestinal system. These 2 areas govern the entire health of your gastrointestinal system: bacteria and chemistry. We all have a population of good bacteria living inside of us, it's necessary for human health and proper gastrointestinal function. If we were to lose the optimal levels of these bacteria, then in time, the chemistry will change, and in time, symptoms begin. Everybody gets their own set of symptoms and the timing of the onset of these symptoms is also different in everyone. I have 8-year-old patients and I have 90-year-old patients.
2. The primary reason, not the only reason, but the primary reason that we lose this population of beneficial bacteria is the use of antibiotics. Antibiotics are designed to kill bacteria. Normally used to cure infections, each time you take them, they also destroy a portion of the good bacteria as well. It doesn't matter whether you've taken 2 or 200 courses in your lifetime. It also doesn't matter if you took them all before you were 10- years old or throughout your lifetime. Each time you took them you destroyed a portion of the bacterial population and even though they are living, reproducing organisms, they don't always reproduce back to proper proportions and in fact, they may reproduce to abnormal levels. This situation also leaves you in a position of being more susceptible to picking up additional bacteria from the environment.
3. There are secondary reasons for losing the beneficial bacterial balance. They are over-the-counter medications, prescription drugs, poor diet and alcohol. We've all practiced a combination of any or all of these lifestyle issues.
4. The good news is that we can quite easily re-establish proper bacterial balance. We can also return the chemistry to normal by feeding the tissue of the gastrointestinal system the nutrients that are normally found in the food that we eat. We understand enough about the biochemistry and physiology of the gastrointestinal tract to use a nutritional product that does just that.
5. We can improve digestion with digestive enzymes that helps with gas, bloating, indigestion, heartburn and reflux. Digestive enzymes also adjust the pH of the gastrointestinal system which makes the tissue that lines it healthier and creates an environment in which the probiotics thrive.
6. We will couple this all-natural product protocol with temporary, at least we hope they're temporary, dietary suggestions.

That's your Quick Start Guide to the following information. Within the remaining information, you will find more detailed answers to eliminating whatever symptoms you have.

## THE REASONS YOU HAVE IRRITABLE BOWEL SYNDROME

There are many reasons that you may be experiencing these symptoms. We all have had contact with these possible causes at some time. How many of us have had antibiotics? All of us, right? It's such an important subject that we will take a very close look at them later in this discussion. How many of us have had other drugs prescribed by our physicians. All drugs have potential side effects. According to the Physician's Desk Reference, the number one caution of most drugs is their effect on the gastrointestinal system. We all use over-the-counter medications, don't we? Antacids, painkillers, cough syrup, antihistamines, etc. These also have potential effects on our gastrointestinal tract. And most importantly, our diet. We will talk about specifics later in this discussion, but I'm sure you understand that your diet affects all function in the body.

The key reasons you have gastrointestinal problems are:

1. Use of Antibiotics
2. Lack of Digestive Enzymes
3. Prescription and Self Medications: Especially Non-Steroidal Anti-Inflammatory Drugs (NSAIDS)
4. Poor Food Choices
5. Abnormal bacteria, parasites or yeast (fungus) in your gastrointestinal system.

Let's look at each of these more closely.

### Reason: Use of Antibiotics

You've already heard me mention that the problem that needs to be addressed is nothing more than an imbalance in bacteria and chemistry. Once the bacterial levels are lost, then the chemistry will change and symptoms show up. I have suggested the primary reason bacterial levels are lost is the use of antibiotics. Designed to kill infections caused by bacteria, not only do they do a great job on infections like sore throats, ear infections, bronchitis, or urinary tract infections, they unfortunately also destroy a portion of the optimal levels of good and bad bacteria living in our gastrointestinal system. And it doesn't matter if you have taken 2 or 200 courses, whether you took them all before you were 5 years old or throughout your lifetime. Each time, you destroyed a portion of the bacterial balance so important for gastrointestinal health.

This potentially also allows bad bacteria to overgrow their normal levels or makes it easier for you to pick up abnormal bacteria from the environment. The good news is that we can re-establish proper bacterial balance and restore chemistry in every person with Irritable Bowel Syndrome.

You prevent the reappearance of this condition through the judicious use of antibiotics, but if you find antibiotics necessary, take the product (probiotics) that I recommend designed to re-establish the good bacteria that's being destroyed while you take the antibiotic and for one to two months after. This helps mitigate the damage done by the antibiotics and prevents you from again entering that vicious cycle that results in gastrointestinal problems.

### Reason: Lack of Digestive Enzymes

If you have gas, bloating, indigestion, heartburn, reflux, GERD, pain or cramps, 90% of the time it's caused by foods that you are unable to tolerate (more on that later) coupled with a lack of digestive enzymes, such as hydrochloric acid (stomach acid) and pancreatic enzymes such as amylase, protease and lipase. But wait, many of you think you have too much stomach acid, that's why you're taking Tums, Roloids, Pepcid AC, Tagamet, Prilosec or Nexium. In reality, there are very few people that actually produce sufficient amounts of acid in the stomach. Sure Doc, but why do I feel so much acid, it burns and hurts, and it comes up into my throat? Hang in there, this is a long explanation.

If you ask a physician or nurse: What are the symptoms of a person who is producing too much stomach acid?

They will easily list the symptoms I have mentioned above. But if you ask: What are the symptoms of a person producing too little stomach acid? You get silence. It's because they have never thought about it in this way. The symptoms are the same. How do you know which category you fall into? Have you diagnosed yourself? Do the 3 or 4 commercials you see every night during the network evening news have you convinced that you need antacids for your symptoms? Yeah, but Doc when I take antacids, I feel better.

Well, some of you do. Some of you get temporary relief and then it stops working. But one thing you all have in common, it never cures your problem. Many of you have taken antacids for years or even decades. You have a bottle in your kitchen, bathroom, office and automobile. It is not a cure; it merely suppresses your symptoms. But wait, there's worse news.

Antacids buffer (meaning lowers) the amount of acid you are producing, ultimately impairing digestion. As if that were not bad enough, lowered acidity in the stomach inhibits minerals such as calcium, magnesium and potassium from being broken down properly, a process that begins in the stomach, and impairs their ability to be absorbed. And if that's not bad enough yet, acid is a potent weapon that fights any bacteria in the food you eat. Buffer it away and your chances of catching food poisoning or having an abnormal bacteria take hold in your gastrointestinal tract are greatly increased. And the manufacturer has the nerve to add the poorest quality calcium known to man (calcium carbonate) to your antacid, as if they are doing you a favor!

The bottom line is that too many people are taking an antacid because they think they are producing too much acid (which they aren't) and they think the problem is solved (which it isn't). In reality, the process of digestion is inhibited and minerals aren't prepared properly for absorption in the small intestine. Therefore, you don't get all the available nutrition from your food. Welcome to another cause of malabsorption.

I should also explain that there is a sphincter muscle at the bottom of your esophagus that's supposed to close and prevent any splash of the acid that is in your stomach into your esophagus. If this muscle isn't working properly, it doesn't matter how much acid your stomach is producing, if it splashes through the sphincter muscle onto the base of the esophagus, you will feel a burning. One of the main reasons that any muscle or specifically sphincter muscles in the body don't work properly is a calcium deficiency. Didn't I just mention the taking of antacids impairs the ability of minerals such as calcium to be absorbed? Get the picture?

[Click here to read more about effects of antacids at Dr. Dahlman Online.](#)

## **Reason: Prescription and Self-Medication: Especially NSAIDS**

We live in a society that thinks it can solve its problems with pills. We are constantly exposed to advertisements in newspapers and TV for over-the-counter medication. Advertising works, therefore, we all self-medicate.

What could possibly be wrong with an aspirin? If we have a headache, we reach for it. If it's a bad headache or if we have aches and pains somewhere else, we might choose Tylenol, Advil, Motrin or something similar. A cough? Cough Syrup. If we have sinus congestion, with drainage down the back of the throat or out the nose, we take a decongestant and antihistamine. Stops you right up.

How about something to help you sleep or help you wake up? Medicine for diarrhea or constipation? These aren't cures. Just temporary relief. And we already mentioned all of those antacids. Did you ever stop and think that there is a reason that you have a headache, a cough, and sinus drainage? Is your body trying to accomplish something? Might these symptoms be a normal reaction? A cough helps clear your lungs. Sinus drainage rids you of unwanted mucous that harbor germs. Should we really interfere with what the body is trying to do?

Do you have a headache because of a lack of Tylenol in your bloodstream? Of course not, but isn't that why you take the Tylenol? Pain relievers don't solve what is causing your pain; they only mask it, actually blocking receptors in your body that sense pain. Some cure.

Just as the number one side effect of prescription medications is gastrointestinal problems, over-the-counter medications also have consequences. In a published report in the New England Journal of Medicine, a study

conducted at Boston University School of Medicine discussed significant and potentially fatal side effects of non-steroidal anti-inflammatory drugs (NSAIDS) such as aspirin, Advil, Motrin, Aleve, Naprosyn, Naproxen, Voltaren and Indocin. The lead researcher called this a silent epidemic because warning signs don't precede gastrointestinal complications. What have I been telling you? You may or may not have the symptoms that I have been describing. You may not even be aware of this process.

[Click here to read more about effects of NSAIDS at Dr. Dahlman Online.](#)

The complications the lead researcher is referring to are gastric damage, ulcers and bleeding. They also have been linked to arthritis. That means there is a change in chemistry and inflammation. He added that these complications could be potentially fatal. Sounds extreme, doesn't it? Not when you realize that between 7,600 and 16,500 deaths occur every year from ulcer-related complications associated with NSAIDS use and over 76,000 are hospitalized each year from NSAIDS use. But for our purposes, it is important to realize that the use of over-the-counter medications generally and NSAIDS in particular, contribute to the problem that we are trying to solve. Use them if you can't function without them, but eliminate them if possible.

[Click here to read more about deaths from adverse drug reactions at Dr. Dahlman Online.](#)

### **Reason: Poor Food Choices**

How many of you have a perfect diet? Put your hand down! No one does. Do you pay attention at all to what you eat? How much fast food is in your diet? How much fried food? How much milk, cheese and ice cream? How much of it is processed, already prepared and packaged? I could go on, but some of you have had poor nutritional habits for a long time and some of you have made changes only recently. How many of you hardly eat at all? Either way, your choices have consequences.

The point of all of this is to give you an idea of what contributes to creating an environment that may cause your symptoms. Most people have had antibiotics, self-medicated and eaten poorly. Combine this with a lack of digestive enzymes and it's no wonder that your bowels are out of balance, you can't get proper nutrition from your food and symptoms develop.

### **Reason: Abnormal Bacteria, Parasites or Yeast**

We are unable to know for sure if there are abnormal levels of bacteria, parasites or yeast in your gastrointestinal system without the benefit of sending stool samples to a lab. Some of you might say that your doctor already has had you submit a stool sample and you have no problems. Make sure you know what was tested. These samples typically test for the presence of blood, parasites and their eggs (ova). This is entirely useless for our purposes because rarely do we ever see parasites, but we often see positive findings for bacteria, yeast or both.

Don't let a bunch of misleading information found on the Internet cause you to think that you must undergo a cleanse for parasites. There has been for decades in books, literature mailed to unsuspecting consumers and on the Internet, information using scare tactics that everybody has parasites. I send out hundreds of stool samples each year to test for parasites and I probably only see 3-4 back each year positive for parasites.

A cleanse will not be the answer you are looking for when it comes to resolving your gastrointestinal complaints. Also, don't believe the information that claims that there is fecal material hanging on the inside of the bowels that only a cleanse can remove. These Internet sites, books and mailers are only trying to sell you products. The bowels are a self-cleaning organ. It's called a bowel movement. I assure you, the cause of your condition revolves around restoration of bacteria and chemistry.

Bacteria or yeast can be a potential contributing cause of your gastrointestinal problems. If found together, their consequences can be even worse. Remember that in the section about antibiotics, I mentioned that when the beneficial bacterial levels fall below normal levels, the bad bacteria tend to overgrow and that's when problems begin. You may also have been exposed to bacteria from having lived on a farm and your exposure to animals and manure. People on farms may have more frequently swum in lakes or streams.

Anyone who has traveled in third world countries may also have been exposed. It is also possible to come into contact with bacteria by eating common fruits and vegetables.

Yeast is normal in your gastrointestinal system, but at very low levels. Women are familiar with vaginal yeast infections, but men and women both can suffer from systemic yeast infections. This situation can lead to multiple symptoms commonly associated with a condition called Candida. It is important to have this condition diagnosed through stool or blood before embarking on a plan to kill the yeast and following the rigorous diet that is also necessary for its elimination. You will learn later in this article how to determine if you need laboratory testing.

## THE PLAN FOR SUCCESS— HOW WE RESTORE YOUR GASTROINTESTINAL HEALTH

Understanding the information just presented to you is as important as what to do about it. The following information will be partially familiar to some of you, but probably not in the way that it is presented and completely unfamiliar to many of you. I have many different types of people come into my office each day and many of them have been on a search for information for a very long time.

The search usually begins at their doctor's office and after a short time or many years becomes very frustrating. Frustration leads to a search at the local bookstore to read anything that they can get their hands on. Suggestions are made: exercise, massage, vitamins, herbs, homeopathy, visualization, biofeedback, reflexology, yoga, meditation or magnets. Varying degrees of success are reached. Further exploration leads the sufferer to the local health food stores. There they receive well-intentioned advice from \$7.00 per hour employees who work in the store because they are "into health" and have done more reading than the average customer. Following a plan like this usually leads to a cupboard full of various vitamins, minerals and herbs as well as a lighter pocketbook. Partial success may be found, but never a cure. The taking of supplements by themselves without a plan is just like the taking of a prescription. Not as toxic, without side effects, but it is still an attempt at symptom suppression, not a cure.

Interestingly enough, the patient may have already tried some of the suggestions that you are about to hear. The problem for this patient is that they have not tried all of my suggestions at the same time. My protocol addresses nine separate variables that may have GI tract complications. In addition, I have a step-by-step thought process that is the same every patient goes through in my office that eliminates guesswork as to what to do at any time during the protocol.

Once the patient has reached my office, he or she is worn out, frustrated, has spent too much money and is wary of the next step. They are often skeptical of what I may propose to them. They are there because they feel they have no other options. Frustration leads to desperation. Luckily, they have come to the right place.

Remember that you do not have a disease, you have a lifestyle issue that has resulted in a

set of symptoms that are nothing more than your body trying to tell you something. I learned the approach that you are about to read from other physicians that have been in practice a lot longer than I have. I did not discover it. There are thousands of physicians across the country using a similar protocol right now!

So, finally, our Plan for Success will revolve around these areas:

1. Re-establish Normal Bacterial Balance — Remember what antibiotics and other lifestyle influences did to your population of healthy bacteria? We must re-establish that population. We must also learn to recognize the warning signs as to whether or not there are abnormal bacteria, yeast or parasites in your gastrointestinal system. I recommend high quality probiotics (the good bacteria) to re-establish that population.
2. Feed Tissue in Your GI Tract and Restore Chemistry— I recommend a nutritional beverage to feed the tissue that lines your gastrointestinal system to change the chemistry, eliminate inflammation and improve absorption.
3. Improve Digestion — I recommend digestive enzymes to eliminate gas and bloating, indigestion,

- heartburn, pain, cramps and reflux.
4. The Big Three, 100%, Don't You Dare Break Them, Dietary Rules
    - A. Dairy Detective: The "no dairy" rule is the most important dietary change. I will teach you why you have to eliminate it and how to look for hidden dairy.
    - B. No Legumes (beans): We've all laughed about this since we were five.
    - C. Liquids and Fruit: When To Drink or Eat Them: Simple, but important.
  5. Stop Taking Your Vitamins, Minerals or Herbs — What? Read on. Let's discuss each of these.

## 1. Re-Establish Normal Bacterial Balance

Large therapeutic doses of normal bowel bacteria are a must to begin restoration of health in your gastrointestinal system. You probably know that there is acidophilus in yogurt, but in nowhere near the amount that you need to restore the health of your system. There are also bacterial products in the health food stores. Recent laboratory analysis suggests that some, if not all of them are not as potent as they claim, or because of the many different strains of bacteria available, will not re-implant each organism in the cell wall of your gastrointestinal system. At times you are wasting your effort with health food store products.

The product that I use has been effective since I began treating IBS in 1997 in my clinic. Through many lab tests, I have confirmed its ability to re-establish proper levels in the gastrointestinal tract. It is refrigerated and it must be taken on an empty stomach. Details on dosage are discussed later in this report.

*See the section on "How to Order from the Online Store".*

## 2. Feed Tissue and Restore Chemistry

Once the bacterial levels change, then the chemistry of the tissue in the gastrointestinal system also changes creating inflammation. This means that the tissue is just plain unhealthy. It can be inflamed and unable to make decisions about what to absorb and what to eliminate.

Through our knowledge of biochemistry and the physiology of the gastrointestinal system, we know what nutrients will return this tissue back to normal. We will feed this system the nutrients that it usually gets from the food as it passes through.

A unique thing about the tissue there is that the outside layer, closest to the food, sloughs off every 3-7 days. The feeding and absorption of the necessary nutrients back into each layer of the wall of your tissue, allows each new layer to be healthier than the one that it replaces. In time, we have created a brand-new gastrointestinal system. It now can make better decisions about what to absorb and what to eliminate. All in all, it's just plain healthier.

The mainstay product of this therapy is called GI Sustain. It contains the 3 main amino acids that the gastrointestinal system uses for health and fuel. It also contains inulin (not insulin, it's from the Jerusalem artichoke), which will help restore the mucosal barrier and a sugar called fructo-oligosaccharide (FOS). The human body cannot use this sugar, we could eat it all day and it will simply pass out of us and not be absorbed, but it is added to the product because it is a food for the bacterial population we are trying to re-establish. Details on dosage are discussed later in this article.

*See the section on "How to Order from the Online Store".*

## 3. Improve Digestion

In time, on this program, you can throw away those Tums, Roloids, Imodium and Pepto Bismol. All of those symptoms are due to a lack of digestive enzyme secretion in one or a couple of organs in your body, food intolerance or the diluting of the digestive juices that you secrete.

The 2 most important supplements in this regard are hydrochloric acid and pancreatic enzymes. (Not a concern if your pancreatic enzymes are high as there is a difference between taking pancreatic enzymes that go into your gastrointestinal system and high blood enzyme levels.) Gas and bloating are usually an inability to break your foods down in a timely manner.

Hydrochloric acid is produced in your stomach and is the first enzyme that your food comes into contact with besides a small amount of enzyme that is secreted in your saliva. Pancreatic enzymes are secreted into the food as it is released from the stomach into the upper part of the small intestine. We will add both of these enzymes to each meal to make sure you have full strength digestive ability. If you have gastritis or ulcers, these products may make you uncomfortable. We can proceed without them, but only because we have to.

If you have had your gall bladder removed, you have special needs. You have an inability to digest fats as efficiently as you used to, and you must take an enzyme...forever! I describe this product and dosages of all the digestive enzymes later in this report.

***See the section on "How to Order from the Online Store".***

## **4. The Big Three, 100%, Don't You Dare Break 'em, Dietary Rules**

### **A. Dairy Detective**

Got milk? Remember those ads with all the celebrities and their milk mustaches? Great marketing, isn't it? Guess what cow's milk is for? Baby cows! Period! If you are "chronically unwell", it's even more important to eliminate dairy products. I have other and better reasons, so keep reading.

I am well aware that this is the hardest suggestion that I make. It is also the lifestyle change that has the most potential reward for you. It's that important. Take this section very seriously.

Dairy product use is ingrained into our heads by advertising and marketing that started in grade school for most of us with the 4 food groups thumb tacked to the bulletin board. We were all told that milk helps build strong bones. It is totally untrue and there is no scientific evidence that supports the idea that a milk drinker will have more bone mass than someone who doesn't drink milk. Additionally, there is no scientific evidence that supports the idea that you will suffer from osteoporosis if you don't drink milk. If you know someone who has this evidence, please send it to me.

In fact, Harvard University conducted a study that began in 1976 and followed 78,000 women who ate or drank the equivalent of 2 glasses of milk per day for 12 years. The study found that these women had a 40% increased risk of fracture. So much for the benefits of milk. Let's look at a few other issues. No other mammal on the earth looks for the breast milk of another mammal after they are weaned from the breast. They all drink water. Ever seen a bear or giraffe with osteoporosis? We are the only mammals that eat milk products.

I have always suggested that you only eat foods "as nature intended them to be". Milk that is heated to a very high temperature (homogenization and pasteurization) is not as nature intended it to be. It is lacking in anything "live"; all of the enzymes and nutrition have been destroyed or chemically changed through the heating process. It's a dead food.

How about lactose intolerance? Do you know anyone who claims to be lactose intolerant? It's my opinion that everyone is to some degree. Remember that a lack of symptoms is not what

defines health. By consuming milk, some people experience indigestion, gas or bloating. Some experience diarrhea or constipation. Because you don't complain of symptoms commonly related to lactose intolerance, doesn't mean that at a chemical and molecular level you aren't still having problems that interfere with your health. You are just unaware of its symptoms. And here's why this is a problem.

When we are born, we have a high production of the enzyme necessary for the proper breakdown of milk sugar (lactose). Here we are again with those pesky enzymes! The reason for the high secretion as an infant is

to help break down the milk sugar in mother's milk. Many medical textbooks, in their discussion of all of the enzymes produced in the human body, will mention that the production of lactase (the enzyme responsible for breaking down milk sugar) declines substantially about the age of two. Why? It's called the breast-feeding window. All mammals are usually finished breastfeeding by this age. It's already pre-programmed in our physiology that we will have a difficult time with milk sugar. Some cultures and ethnic groups have enjoyed a genetic change that has minimized the consequences, but not eliminated them. If we all had cows in the barn and brought the milk directly to the table, it would be a far better product (not homogenized or pasteurized) and not cause as many health problems.

Lactose (milk sugar) is only one part of the milk molecule. Protein is also found in milk and presents an entirely different problem. It is commonly thought that lactose intolerance is the major culprit. It actually is not. Did you know that milk protein is also difficult for our body to digest? Not because of a lack of enzymes, but because the protein molecule in milk is held together so tightly that it is difficult for even sufficient enzymes to break it apart. If the milk molecule reaches an area in our gastrointestinal system, usually in the small intestine, where we have lost the bacterial balance and proper chemistry (also called leaky gut syndrome or mal-absorption syndrome), the protein molecule will cross over into the bloodstream, cause the immune system to react and generate the release of HISTAMINE. There's that word again! Milk is the number one food allergy that we find during food allergy testing. Because of protein, not milk sugar.

Later in this report in the section called "How IBS is Responsible for Other Symptoms You Might Have", I have an explanation about how HISTAMINE release is responsible for so many of your other health problems. One easy way of reducing many of your symptoms is by eliminating HISTAMINE release caused by eating milk products that you may be allergic to. Give them up! Entirely! It's well worth it.

Give what up? Where is milk found? Can I still have ice cream, how about yogurt? I get all kinds of questions as patients try to negotiate to keep their favorite milk products in their diet. We are talking about the following products:

1. All milk. 1%, 2%, whole milk, skim, low fat or no fat, cream, Lactaid milk or Acidophilus milk. Also please do not use goat's milk as it's too close in structure.
2. All cheese. Swiss, cheddar, Parmesan, etc.
3. Ice cream.
4. Sour cream, cream cheese and cottage cheese.
5. Creamy salad dressings. French, Thousand Island, Roquefort, Blue Cheese, etc.
6. Yogurt.
7. You must inspect all packaged, canned, bottled and prepared food in your refrigerator, freezer and cupboards and read labels. If it has an ingredient list, you must read it. Look for the words cheese, milk, milk solids, milk proteins, milk by-products, lactose, whey, casein and sodium caseinate. Eliminate them.

Do you like butter? Good, enjoy it. But, it's a dairy product you say. That's right, but it's almost pure fat. There are 3 components to a milk product: sugar (lactose), protein and fat. Fat causes none of the problems that the milk sugars and proteins do. Enjoy it.

O.K., that's the lowdown on milk. Did you notice that I devoted about 2 pages to the explanation? It's a 100% rule. If you only eliminate dairy by about 85%, you might see no benefit at all. And, it's just for now. You may very well be able to add dairy back in at a later time. You'll be the judge of that. That's how seriously you should take this information. I sometimes joke with my patients who feel it would be very hard to give dairy up (and it is), that if they only took one suggestion from this information and gave up all dairy products, 80%

of them would see a positive benefit to their health. Usually the restoration of true health is somewhat more complex than that, but more than likely, they would see a difference.

One last comment on this subject, eggs are not dairy products. People sometimes ask if they are dairy products because they are found in the dairy section of your grocery store. They come from chickens, not cows (in case you didn't already know that). ;)

[Click here to read more about how to avoid dairy products at Dr. Dahlman Online.](#)

[Click here to read more about dairy free alternative products at Dr. Dahlman Online.](#)

## **B. No Gas Causing Foods: The Legume Family**

We've all joked about this since we were 5 years old. Beans cause gas, right? Technically,

beans are legumes. Therefore, we have to eliminate all legumes: Beans, including navy, kidney, black, red, refried and Mexican foods are out. Middle Eastern dishes that commonly use garbanzo beans (chickpeas) and Indian foods that use lentils are also out. Soy products such as tofu, soy protein powders (found in protein and breakfast bars) and soymilk are hard to digest and need to be eliminated (soybean oil and soy lecithin will be found when reading ingredient lists and they are exclusions that are fine to eat).

Green beans, peas and lima beans as a vegetable dish are fine and should not cause a problem. Split peas made into a soup should be avoided. Peanuts (peanut butter) are also legumes, they are not nuts and very hard to digest, eliminate them. All other nuts that you think are nuts...they are nuts and can be eaten if you wish but be careful as they can be hard on the digestive system as when you chew them, you are creating a bunch of pieces with sharp edges. Might cause some pain.

## **C. What and When You Drink and Eat Fruit**

With as much emphasis that I put on the intake of enough water, I place in its own section this information: it is a bad idea to drink much of any type of liquid during your meals or for an hour afterward. Remember that we are trying to make pure water our main drink each day, particularly while we are working on getting well.

The reason is that if you follow the path of food, the first stop is in your stomach. If there is protein in your food, and sometimes if not, you begin the secretion of hydrochloric acid. We already have discussed that particular digestive enzyme in an earlier section. This enzyme begins the breakdown of certain foods. If you add liquid to the mix, you dilute the strength of the hydrochloric acid. It is about as effective as trying to clean your kitchen floor with a thimbleful of ammonia and a swimming pool's worth of water. Remember, that I have mentioned earlier that gas, bloating and other discomfort is the result of not breaking your foods down in a timely manner.

Another reason not to drink during the meal or for an hour afterward has to do with heartburn. The body is looking for soft, chewed food in the base of the stomach. If you add too much liquid, maybe 1-2 glasses of liquid, you create a soup. The stomach secretes hydrochloric acid into the food and no matter how much acid you secrete, you are creating an acidic soup that has the ability to splash up on your esophagus, seep into it and burn an unprotected esophagus causing heartburn. It doesn't matter if you secrete too much or too little, you still create an acidic soup. This explains why so many people take antacids thinking that they are producing too much acid. Most of them are not. It also explains why so much discomfort is felt when lying in bed. In that position it's even easier for the acid to splash up onto your esophagus.

Please also follow an old food combining rule that says that fruit should be eaten first (before a meal) or all by itself (as a snack). The reason is that when fruit is mixed in with other foods or eaten after a meal, it will spoil while waiting for the other food to be digested in the stomach. Fruit is very easily digested and would usually be released from the stomach quickly for rapid absorption in the small intestine. The same applies to the drinking of fruit juices. But, since you're going to follow this rule, that probably won't be a problem.

Bottom line: No fruits or liquids during a meal or for one hour after. You can drink as much as you wish immediately before a meal and use some water to swallow supplements after the meal...2-3 ounces at the most.

## 5. Stop Taking Your Vitamins, Minerals or Herbs

What? I thought those were good for me! They may very well be, but for a short period of time, please stop taking all of your supplements. The reason for this is to temporarily remove any potential confounding variable from our equation. If your supplements contribute to the problem, which they may well do if they are inexpensive or are made from poor quality raw material, eliminating them for a short period of time (2-4 weeks) will provide valuable clues.

## BEFORE YOU BEGIN: ASK YOURSELF A QUESTION

In just a couple of pages, we will talk about what and how to order from my secure online store. Before you decide what to order, you must ask yourself a question:

Do you have upper gastrointestinal symptoms (belly button and up) that may include gas and/or bloating and/or burping and/or stomach discomfort such as indigestion or nausea (any or all of these symptoms) occurring within 30-45 minutes after beginning every meal and, in some people, before they leave the table? If so, you have an anaerobic bacterial problem that must be resolved before you begin taking the supplement called GI Sustain that you will learn about in the next two sections. Please note that this must occur after EVERY meal and within 30-45 minutes. Did I mention it must occur after EVERY meal?

Don't agonize about the answer, if you have to sit and think a lot about this, it doesn't apply to you. The patients that it applies to know it when they read the above question, there is no indecisiveness.

If you answer yes to this question, you are to begin, "The Big Three, Don't You Dare Break 'em" dietary rules, do not order the GI Sustain and instead, order two (2) bottles of Candibactin BR to kill the anaerobic bacteria. Take for 1 month. After 1 month, stop the Candibactin BR, continue with the dietary rules, all the other products and introduce the GI Sustain. A small percentage of people will need to take the Candibactin BR for 2 months before introducing the GI Sustain.

## STEP-BY-STEP THOUGHT PROCESS

In my protocol, everyone begins with the same all natural supplements and the same dietary rules. But not every patient responds in the same manner. Some patients have a harder time eliminating their symptoms. That is where my step-by-step thought process comes into play.

First, we will watch out for this clinical indicator:

If after beginning the GI Sustain you experience additional gas and/or bloating (you will know on the 1st or 2nd day), you will need to submit a stool sample because the additional gas and/or bloating means that you have something living inside you that needs to be eliminated. Some patients may experience additional looseness to their bowel movements. This also is not a question to agonize over. There will be a distinct difference in the amount of gas you are used to producing each day and the amount you are now producing. Your family may ask you to move out of the house! You will only hate me for a day and a half as you are to stop taking the Sustain when you notice this reaction and call my office. The gas will go away.

I use a stool test from Genova and your physician can order it. A sample is collected, sent to the lab and if an abnormality is found, you must take either a prescription antibiotic/anti-fungal or all natural herbs that the lab recommends to eliminate these organisms. Utilize all the dietary rules and take all products except the GI Sustain while you take the prescription (as directed by your physician) or all natural herbs (for minimum of 1 month) and remember to retest to make sure the organisms are gone. Very important: You must take the good probiotics I recommend Ultra Flora Spectrum, that you will learn about in the next two sections while you are attempting to eliminate these organisms.

The above concern obviously happens at the beginning (1st or 2nd day) of this protocol, but what do we do if 6-8 weeks into the protocol, some of your symptoms have either resolved or gotten better and some have not? This is when we rely on the step-by-step thought process to tell us what to do next. Work through all of these in the order they are listed:

1. Make sure that you're following "The Big Three, Don't You Dare Break 'em" dietary rules properly. They are Dairy Detective, No Gas Causing Foods and No Liquids or Fruits During Your Meals or for 1 Hour After (descriptions found earlier in this report). The no dairy rule cannot be broken and if you have only eliminated all dairy by 95%, you still might not see any improvement. Please remember to read all labels for milk, cheese, lactose, whey, and casein.
2. If you are true to the dietary rules and still have symptoms, then fructose should be the first additional dietary elimination along with the dairy. Fructose is contained in fruit, anything sweet (table sugar, honey, molasses, maple syrup, etc.), corn, high fructose corn syrup, beets, carrots, peas, onions, tomatoes, eggplant, sweet potatoes and winter squash (acorn, buttercup, calabaza, delicata, Hubbard, spaghetti, sweet dumpling and Turk's Turban). You should know if this is effective within 2-3 weeks, sometimes less.

[Click here to read more about how to avoid fructose at Dr. Dahlman Online.](#)

3. If fructose doesn't seem to be the culprit, the next food group to be eliminated is gluten-containing foods such as wheat, oats, barley and rye. Wheat is obviously made into flour and then used to make breads, cookies, cakes, cracker, bagels, pasta etc. and also added to many processed foods. Try spelt bread, found at Whole Foods and larger health foods stores made by Berlin Natural Bakery, and though it contains a small amount of gluten, it is usually okay for a no gluten diet, but not a celiac diet. Oats are in oatmeal, granola, breakfast and energy bars and are also added to other foods. Barley is usually found in soups and it is also the source of regular vinegar, white vinegar or distilled white vinegar. Ignore vinegar in ketchup, mustard and mayonnaise. Enjoy! Use only apple cider vinegar, balsamic vinegar, rice vinegar or red wine vinegar. Rye is found in rye bread and usually in the presence of wheat. Don't eat dried fruits as they are coated with flour to prevent sticking.

[Click here to read more about how to avoid gluten at Dr. Dahlman Online.](#)

[Click here to read more about gluten free alternative products at Dr. Dahlman Online.](#)

Note: A judgment call can be made at this point. If you think you are eating more gluten containing foods than fructose containing foods, eliminate gluten first. Then try eliminating fructose if eliminating gluten doesn't resolve all your symptoms.

4. If none of these suggestions eliminate all your symptoms, you need a food allergy test done through blood work. If you have food allergies, each time you eat, you are exposing your immune system to foods that it will react to by creating chemistry that triggers gastrointestinal symptoms and inflammation. A very specific blood test of 88 different foods (you can order a test for a list of vegetarian foods or spices as add-ons to this test) using an ELISA protocol testing for IgG reactions.

I know that's a lot of mumbo jumbo to most of you, but it basically says we are testing for delayed reactions to foods using a specific lab protocol. These delayed reactions are quite different than the immediate reactions that many people are used to. You can eat something for lunch on Tuesday and not react to it till Thursday after dinner.... that's a delayed reaction and explains why you can't keep a diet diary and make heads or tail out of it.

[Click here to read more about recommended food allergy test at Dr. Dahlman Online.](#)

***Get your physician to order this test. I use Genova's IgG Food Antibodies test.***

5. If the food allergy test does not resolve all symptoms and we did not do a stool test as described at the beginning of this section, please do one at this point.

## WHAT TO ORDER FROM MY SECURE ONLINE STORE

Here are the products that we have already discussed that you will use to resolve your Irritable Bowel Syndrome. Each month you will purchase a month's supply of products from my secure online store.

### Patient Irritable Bowel Syndrome Product Schedule

Monthly Order: (2) GI Sustain, (2) UltraFlora Spectrum, (1) SpectraZyme Pancreatic Enzymes (90 Tabs), (1) SpectraZyme Betaine HCL + Pepsin (90 Tabs)

How long do I use the products?: Depends on your progress and dedication to this treatment plan. It is important that you are symptom free for one to two months before you try to wean off any of your medications. How long you spend weaning off these medications depends on how many you are on and how much you are taking. Once you have successfully weaned off your medications, use these products for one to two months more. You're done!

## HOW TO ORDER FROM MY SECURE ONLINE STORE

Please return to my website at [www.drdahlman.com](http://www.drdahlman.com) and click on "Online Store" in the upper right. Only customers from the United States can use this store. There you will be able to purchase all of the products that I have mentioned and also read more detail about each product. You also have an opportunity to set up a recurring order to be shipped to you every 30 days. A drop-down menu will show with these instructions:

You now have arrived at [www.Metagenics.com](http://www.Metagenics.com):

1. Please create an account by clicking on "Sign In" at the top right.
2. On the next page, create a username and a password and click on "Continue".
3. On the next page, please click on "I have Professional ID" and enter **davdah5536**.
4. You now have created an account. Search each recommended product to place in your shopping cart.

The recommended doses that should be followed are those that I have recommended in the next section of this article. Do not follow the dosages on the labels of each product, follow my instructions on the "How to Take Your Supplements" page. They are different.

So, there you have it. I've tried my best to give you all the information that you need to resolve IBS. I hope I've communicated to you properly the way that I think things through with each patient. Please visit my website to find the costs of the products.

## HOW TO TAKE YOUR SUPPLEMENTS

1. Take an **UltraFlora Spectrum** on an empty stomach and keep them refrigerated.
  - 1 capsule twice a day. If you have diarrhea, please double this dose for 1 week.
  - These products re-establish bacterial balance in your G.I. tract.
2. Take **GI Sustain** as mid-morning and mid-afternoon snack or take before meals.
  - 1 Scoop twice a day in a glass of water. Do not use juice.
  - This product heals the gastrointestinal system and restores chemistry.
3. Take your digestive enzymes before or after each meal as indicated:
  - **SpectraZyme Pancreatic Enzymes**: 1 immediately before each meal is best. If you forget,

you may take within 30 minutes after beginning the meal. These are pancreatic enzymes.

- **SpectraZyme Betaine HCL + Pepsin:** 1 immediately after each meal is best. If you forget, you may take within 30 minutes after the end of the meal. This is hydrochloric acid from beets.
4. If you answered yes to the anaerobic bacteria question:
    - **Candibactin BR:** Use this product only if you answer "YES" to the question posed at the top of page 20. If you use these products, remember that you will not need the GI Sustain for the first month.
    - 2 Tablets, 20-30 minutes before each meal. If you don't eat 3 meals a day, take alone without a meal anytime. You are trying to kill the anaerobic bacteria. Take for one month. You will need 2 bottles. Unfortunately, some patients may need to take for 2 months.
  5. If you are having allergic reactions based on the explanation of HISTAMINE found in the next section of this report:
    - **Perimine:** 2 Tablets, 2 times per day. You will need 2 bottles as each bottle lasts 15 days.

## HOW IBS IS RESPONSIBLE FOR OTHER SYMPTOMS YOU MIGHT HAVE

I know your main interest is in the elimination of Irritable Bowel Syndrome, but I think it might also be helpful to understand why you have other symptoms, if you do. If you don't, you will learn why it's even more important to eliminate your conditions so you don't lose your health in the future.

When you have created the environment we have just discussed, a chain reaction of events is set in motion. Remember that we have lost the beneficial bacterial population and that begins a change in the chemistry of the gastrointestinal system. Your bowels are becoming unhealthy and inflamed.

When the tissue in your bowels inflame, it also expands. As with bad sunburn, your skin swells and the pores enlarge. Inside your bowels and particularly the small intestine, this also happens at a microscopic level. Traditional medical tests can see this under a microscope. In holistic medicine it is called "Leaky Gut Syndrome". No, nothing is leaking out of you, but if you read on, I'll explain how undigested foods and bacterial enzymes may be leaking into your bloodstream through these "holes."

Many of you already know that you aren't digesting your food properly. Remember the symptoms associated with undigested food are gas, bloating, indigestion, heartburn, reflux, GERD, pain or cramps. If you experience any of these symptoms, we can safely say that undigested foods are being absorbed, in abnormal amounts, through the small intestine. Even if you aren't experiencing any of these symptoms, the remainder of this information more than likely still applies to you.

Microscopically, these undigested foods will move through these "holes" into the waiting capillary bed of your circulatory system (that means bloodstream). No, we're not talking about a piece of chicken or a piece of cheese; we're talking microscopically. The circulatory system is in charge of transporting the nutritional components of your diet throughout your body, not undigested food particles. In the bloodstream, the body is not looking for undigested foods; it's looking for separate molecules of the basic components of each food. It looks for vitamins, minerals, fatty acids from fats, amino acids from proteins, sugars from carbohydrates and other compounds as separate molecules, not as larger molecules that have not been separated from each other.

Once these larger molecules enter the bloodstream, the innate intelligence of the body comes into play. It is able to recognize separate molecules, but not the larger, undigested ones. Under these circumstances, a call is placed to the immune system to come over, inspect and take appropriate action. The most important part of this story and the part that most affects you is this next statement: The segment of the immune system that is called into action first creates an antibody to the structure that it finds and then generates the release of HISTAMINE.

Did you notice that I put the word HISTAMINE in capitals? Think I'm trying to tell you something? It's that important. Now we all know what an antihistamine is. Most of us have used one. There we go with that self-medication again. An antihistamine relieves the symptoms of allergies, sinus drainage, stuffiness and red eyes. That means that HISTAMINE must cause those symptoms. Guess what else HISTAMINE causes in the body? Headaches, pain and inflammation, skin rashes, itchy skin, psoriasis, eczema, hives, anaphylactic shock (that's when people eat peanuts or shellfish, can't breathe and could possibly die) and asthma. Not all of these symptoms occur in everyone, but depending on your biochemical individuality, some or all may appear. How many of you with IBS suffer from one or more of these symptoms? More proof of the gastrointestinal connection.

## **AND NOW YOU KNOW HOW A FOOD ALLERGY IS CREATED AND SOME OF THE SYMPTOMS ASSOCIATED WITH THEM!**

What? Food allergies? Yes, your most favorite foods, the ones you eat the most of, are crossing over into your bloodstream and creating this chain of events. And let's think about your favorite foods for just a moment. Do you realize that when you go shopping, you go to the same stores each time, the same aisles and buy the same products? People like their familiar choices. It is these foods, your most favorite, that are crossing through the Leaky Gut and causing these food allergies. Part of becoming well is to make different food choices while we rebalance your gastrointestinal system. We will discuss important dietary changes later.

Whew! Did you follow all of that? Let's summarize what I just said:

1. Lifestyle influences have created an imbalanced gastrointestinal system.
2. Inflammation has occurred and caused holes.
3. This allows undigested foods to pass through a "Leaky Gut".
4. Unable to recognize these compounds, the body alerts the immune system.
5. The segment of the immune system that responds releases HISTAMINE as it works.
6. HISTAMINE in the body causes allergies, sinus drainage, stuffiness, red eyes, headaches, pain and inflammation, skin rashes, itchy skin, possibly contributes to psoriasis, eczema and hives, anaphylactic shock and asthma.
7. You now know how people become allergic to foods and the cause of many of your chronic symptoms.

There is one more complication from the release of HISTAMINE that needs its own explanation. How many of you have chronic infections such as sinusitis, bronchitis, yeast infections, urinary tract infections, nail or toe fungus, athlete's foot or jock itch? If your immune system is working overtime on foods, it loses some of its ability to work on other infections. This may be a possible explanation as to why you have recurrent infections. It may also explain some autoimmune diseases because an overactive immune system may be more easily confused between what is your tissue and what is not.

## **ADDITIONAL THOUGHTS**

Anxiety/Stress does not cause Irritable Bowel Syndrome (IBS), IBD, Crohn's Disease or Colitis. I get asked this question all the time as if the patient is looking for a reason that they can't be cured. They do know one thing: Each time they get anxious or experience stress, their symptoms rise up and smack them. Therefore, they draw a conclusion that anxiety/stress causes IBS. It doesn't, it only exacerbates an already unhealthy gastrointestinal system. Think of it this way, I don't screen my patients at my front door to determine how

much stress is in their lives or how anxious of a person they are. This protocol still reduces or eliminates everyone's symptoms.

What the patient will notice as they go through my program is that life will still present all of the challenges they are used to and they will still react the same way, anxiously, but their gut will not express itself with the same uncomfortable symptoms as before. As explained earlier, imbalances in bacteria and chemistry are responsible for your symptoms, anxiety/stress only makes them worse if the imbalances are in place.

What if I get an infection and need to take an antibiotic? Take one! Well, let's think about this for just a minute. If you get an infection, the first thing you could do is call me. No matter what you do, see if you can muscle your way through the infection to see if your body catches up to it and you don't need the antibiotic after all. If you get to the point that you need the antibiotic, then by all means we will take one. You prevent yourself from entering that vicious cycle that results in IBS by taking probiotics (Ultra Flora Spectrum) that are designed to re-establish the good bacteria that's being destroyed while you take the antibiotic. Take during the course of antibiotics and for 2 months after.

Don't pick and choose your products or dietary advice. Please don't think you can design your own plan. If you have come this far, through all the self-medications, prescriptions, doctors, tests, health food stores, magazine articles, books, and friendly advice, I already know you're well educated in this area. But I also know that you haven't yet put together a comprehensive program for the elimination of IBS. If you had, you wouldn't be reading this. Please don't pick and choose what you think applies to you. The foundation of the program applies to everyone and consists of Ultra Flora Spectrum, GI Sustain, SpectraZyme Pancreatic Enzymes and SpectraZyme Betaine HCL + Pepsin. The Big Four dietary advice needs to be taken seriously and you need to be true to yourself and follow it 100% in order to see if it applies to you. And...you need a food allergy test. Don't cheat, use that same discipline you use in other parts of your life. You won't regret it.

What does the future hold if you find that you can't tolerate a specific food very well? It means at least you know what is causing the problems. Does it mean that you can't ever have that food? Only if you want to avoid it. Prior to beginning this program, you didn't have a clue as to what caused your problems. During it or at the end of it, you will know what bothers you. You also will have a choice: If I eat that food, I might get a little uncomfortable later or I can avoid it altogether. How about a combination. Avoid it most of the time, but once in a while...You decide.

If you're constipated. Surprisingly, many people don't drink enough water. Constipation is usually hard fecal material that doesn't move well through the intestines causing bowel movements to be days apart or hard to pass or a combination of both. Do you know what the large intestine is designed to do? It is a storage organ and it also regulates the amount of water in the fecal material. Too little and you're constipated, too much and you have diarrhea. If you don't drink enough water (yes that means 6-8 glasses per day) you may be in a constant state of dehydration. There are some very important organ systems dependent on water for maintaining your life. How about the brain? How about your heart? There are others also. If you don't take in enough water, the body is very smart. It will take the water from wherever it can get it. From the bowel is the easiest place. This then creates a hard stool that will either occur infrequently or will be hard to pass. Getting enough water everyday may be very helpful as you rebalance the bacteria and chemistry of the gastrointestinal system. Additional causes of dehydration are also any drinks that contain caffeine (coffee, tea, soft drinks), which is a diuretic and forces water out of the body. How many of you are also taking a diuretic along with your blood pressure medication? You all need additional water.

Let me scare the ladies out there just a little bit. Have you ever seen an older woman who has lost some of her height? Lesson in anatomy: You have 24 spinal vertebrae in your back. A disc separates each vertebra. Each disc is made up mostly of water. If you are in a constant state of dehydration, remember the body is very smart and will get water from wherever it can.

Imagine if you lost only a 1/32 of an inch due to dehydration in each spinal disc. You would lose 3/4 of an inch in height. Drink your water!

If your excuse for not drinking enough water is because you work in an environment where you can't run

to the bathroom whenever you want to (I've heard them all, haven't I?) the solution for you is to drink small amounts frequently. If you drink large amounts at a time the body only needs so much and you will have to excrete what you don't need at that time. If you drink small amounts at a time, the body will use it for your normal processes and not have excess to excrete. And you won't have to run to the bathroom. Drink your water!

While we're on constipation, consider that one of the reasons that a bowel movement is stimulated at all is the weight of the last meal. Eat something, it plops down into the stomach, is released and the weight at the top of the tube causes the body to release the fecal material at the bottom of the tube. Simple design, huh?

Women, yes, I'm picking on you gals, because you all tend to eat less than men. Women tend to be afraid of calories (they think it will help control their weight...it only works to a certain degree, but that's another 30-page article) and therefore eat less at each meal thereby not putting much weight on top of the tube, the body isn't stimulated to release and it promotes constipation. If you are only eating a third of the calories your body requires, it makes all the sense in the world to only have a bowel movement every two or three days. Also consider that eating many small meals instead of 3 good-sized ones may be bad for you if you're constipated.

Your medications may have an effect on your symptoms. Some patients come to me not taking any medications and some take 15 different prescriptions. Could the medications you are taking cause some of the stubborn symptoms you are complaining about? I don't have a clue. So, you know what I do, right there in front of my patient? I search the Internet. Let's face it, everything you ever wanted to know can be found on the Internet. Search like this: In any search engine (I use Google) put the name of the medication in with the words "side effects". Or, put the name of the medication in the search engine and the side effect you are concerned about, such as gas, diarrhea, constipation, etc. You will be surprised what you will learn. Then you can experiment, with your doctor's permission of course, not taking the medication for a few days and see if any remaining symptoms go away. You can also ask your doctor for a different drug that might not have the same symptoms.

Are you drinking tap water? Are you still drinking tap water? You of course know it contains chlorine, right? We all have bacteria living in our gastrointestinal system, right? IBS is caused by destroying the bacteria living inside us, right? Chlorine is put in the water to kill bacteria. Hmm?...just a thought.

## UNSOLICITED ADVICE

We have discussed everything that you need to completely resolve your IBS. But I am a holistic physician. To me that means that I'm concerned about the "whole" patient. So, I have some additional advice that you didn't really ask for, but I think it's important that you at least know about. These are some simple suggestions that everyone ought to be able to incorporate into their lifestyle. If you can't, don't worry, these aren't important for you to get over IBS, just important for you to be able to express your health to its fullest. And please remember one thing: The following advice is just advice for a healthier lifestyle, it is not part of the program for eliminating the symptoms associated with IBS.

Let me repeat that as many people seem to get confused: The following advice has nothing to do with your Irritable Bowel Syndrome protocol. It's just good advice. Don't confuse the two. Follow it if you wish.

### Pure Water

One of the simplest health suggestions that can be made, although the number of patients in my clinic who admit to drinking very little water always surprises me, is to drink 6-8 glasses of water per day. This creates another question: What type of water? The best water is the purest. This is water without chemicals, bacteria or minerals. What, no minerals? That's right. Your local tap water does not qualify on all counts. Tap water is treated with too many chemicals, especially chlorine. Bacteria generally are not a problem but can be. Therefore, distilled or Reverse Osmosis water is the best. I know, you're still thinking about that comment

about no minerals, right? I'll get to that in a second, but first, let's define distilled and Reverse Osmosis water.

Water is distilled through a high heat process. It can be done in large plants or using small machines in your home. When you heat water high enough it turns into steam. The high heat kills all bacteria. When steam is created, the chemicals also vaporize and are vented out. This leaves pure water in steam form that when cooled is collected and results in pure drinking water: no bacteria, no chemicals. The absolute best water you can drink. If you don't want to distill your own, you can buy it at the local grocery store in gallon jugs.

Reverse Osmosis water is about 99% as pure as distilled. In this process, water is pushed at high pressure through a series of filters that remove all bacteria and chemicals. This is again accomplished in large plants or you can buy a unit for under the sink at home and use it for drinking and cooking. There are also in-store units at some grocery and health food stores, where you can bring your own jug to fill. Second best to distilled, but equivalent enough to not be concerned about which to use.

The small home filters that attach to your faucet or the countertop pitchers with filters in them are a waste of time. If it is your only option, it's better than tap water, but not nearly as good as distilled or reverse osmosis.

Let's get back to that no mineral comment. Rainwater is distilled. It hits the earth, runs through soil, over rocks and picks up minerals. This is what tap water or bottled spring water contains. The minerals that are in this water are more difficult for your body to absorb than the minerals found in plants. How come? The reason has to do with photosynthesis. Remember, in elementary school, 30, 40, or 50 years ago, we studied that? A plant absorbs water from the ground and brings it up into its root system, stalk, branches and leaves. When the sun shines down on the plant, photosynthesis creates chemical changes in the leaves, converting nutrients into useable food for the plant. One of the changes pertinent to our discussion is the chemical conversion of minerals. The minerals found in ground water are not as absorbable as the minerals that have undergone the photosynthesis in the plant.

Therefore, leave the spring or tap water minerals alone and get your minerals from plant material and proper supplementation, which if high quality, are also better absorbed. The controversy about this position is that many experts will say that distilled or Reverse Osmosis water will leach minerals out of the body. They are completely right. But you only have half the story. If you eat a plant-based diet and take high quality vitamins and minerals, the amount leached out is insignificant compared to what you are putting in. It's a non-issue.

## Fats and Oils

Are you worried about your fat intake? Do you count fat grams? If you do, you are probably doing yourself a disservice because too little of the right fats can also be bad for you. But what are the right fats?

There are three types of fats: saturated (from animal products), poly-unsaturated and mono-unsaturated (from plants). Saturated fats as a small portion of your total fat intake are healthy. Mono-unsaturated are the best, necessary for optimal health and poly-unsaturated are better than saturated but are not quite as healthy as mono-unsaturated.

Any oil that is hydrogenated or partially hydrogenated should be avoided completely. You will be surprised when you begin to read labels how much hydrogenated or partially hydrogenated oil is used in your food. Again, we are back to my comment about eating foods that are as nature intended them to be. Hydrogenated oils are not as nature intended. Technically, they are oils that have had a molecule of hydrogen added to them. This makes them solid and it also makes them unrecognizable by the human body. O.K. class, what happens next? These new molecules make their way into the bloodstream, the immune system reacts, HISTAMINE is released and we're back to the same old story I have described a few times here already.

The best oil to use is olive oil. It is mono-unsaturated. Use it for cooking and for salads. Occasional use of sesame oils or other poly-unsaturated oils for special dishes is O.K. once in a while.

A group of oils that have tremendous benefit to the human body are called Omega 3 oils. They are most easily found in fish. How many of us have parents or grandparents who took cod liver oil everyday. They were on the right track, although we now understand the biochemistry of why it was a good thing to do. Flaxseed

oil or eating flaxseed everyday also provides Omega 3 oils.

The addition of a fish oil supplement may also be wise. Many people have begun to use flaxseeds or flax oil, knowing how good they are for them. It may be better to use the fish oil because some people have an impaired ability to convert the oils found in flaxseeds into the next biochemical compound, which is the same found in fish oil. Eating fish or taking a fish oil supplement is always a better choice than flax.

[Click here to read more about a low carb diet at Dr. Dahlman Online.](#)

And stay away from products (mostly chips) that contain olestra. This is a synthetic fat substitute that the human body doesn't absorb, but causes two problems. Right on the label is a warning that the use of this product may cause gastrointestinal problems, specifically abdominal cramping and loose stools in some people. Aren't we talking about that subject? The warning continues that the product may inhibit the absorption of some vitamins and other nutrients. So just in case, they have added Vitamin A, D, E and K. Artificial vitamins no less and the least expensive, poorest quality they can buy. Does this sound like a food product that you want to use?

## **Sugar and Artificial Sweeteners**

We all love sugar don't we? It's a drug, you know. It causes a dependency, a craving. That's not good. For our purposes in this section, suffice it to say that sugars add empty calories to your diet without any nutritional contribution. It also makes you fat. It contributes to insulin problems and potentially diabetes. You should stay away from it, especially refined sugars such as pure cane sugar and brown sugar.

Guess what's worse? That's right, artificial sweeteners. We have already discussed that in order to get well you should eat only foods as nature intended them to be. Artificial sweeteners don't fall into that category.

The worst culprit of all is aspartame, also called NutraSweet and Equal. Clinical experience shows that if you have headaches, and drink diet sodas and eat other foods that contain these products, the headaches go away by eliminating them from your diet. There is anecdotal evidence that these products cause petit mal seizures (that's when you black out for a split second), and is linked to MS, Parkinson's, Alzheimer's and many other neurological disorders. Clinically, whenever a patient comes into the office with unexplained symptoms that traditional medicine cannot identify or treat successfully, I ask the patient if they consume any type of artificial sweeteners. If the answer is yes, eliminating them from their diet reaps amazing rewards.

In alternative medicine, these products have been widely viewed as central nervous system toxins. In other words, they may cause complications to the brain that you may or may not notice. These products are to be completely avoided.

Also, Splenda, Sucralose and Acesulfame K are also artificial sweeteners in spite of the manufacturer's attempts to sweet talk the public into thinking they are derived from natural substances like sugar. Splenda and Sucralose both are derived from sugar but their dirty little secret is the addition of a chlorine molecule to the partial sugar molecule. The same chlorine used in DDT or the water in your pool. No thank you! Acesulfame K is also a non-tested product with yet unknown side effects. Beware, avoid like poison because they all have long-term health risks. Follow a simple rule: If man has created, altered or processed the product, your body will not understand it and will react to it.

[Click here to read more about the dangers of artificial sweeteners at Dr. Dahlman Online.](#)

[Click here to read more about artificial sweeteners effect on cholesterol at Dr. Dahlman Online.](#)

## WHAT TO EXPECT FROM THIS PROGRAM

Once again, everyone is different. No, I'm not trying to dance around the question, but I have seen many different reactions to this plan. One thing is for sure: You will see a positive impact

on your health and quality of life!

Here are the changes that you can realistically expect if you don't experience any reactions or stubborn symptoms:

1. Gas and bloating, heartburn, reflux and indigestion might disappear in a few days.
2. Diarrhea should change to a more solid, consistent and well-formed bowel movement within a couple of weeks if not sooner. With constipation, it might be harder to see a quick change, though I have seen it happen in a couple of weeks.
3. Other symptoms such as fatigue, inability to sleep, headaches, mild depression, asthma, skin rashes, eczema, psoriasis, chronic infections and allergies will also begin to change slowly because you are slowly getting healthier. Your body is healing all by itself.

Here's why all of this happens. Look at the changes you are making to your life. You are changing your diet, eating more of what is good for you and less of what isn't. That alone has

the potential to make a person healthier. When you add in the therapeutic products that I have described to you, you suddenly have a complete program that has even greater potential to

allow your body to heal itself. All we are doing is removing the interference that has caused your body to rebel and scream at you to please do something different. You have now changed your lifestyle.

The short-term therapeutic products that I have mentioned are only just that, short term. They are not necessary forever. The changes that you have made to your eating habits hopefully are temporary. After you have restored the proper balance in your gastrointestinal system, don't go back to all your old ways. Restoration of health is all about lifestyle change. Learn this new lifestyle and never go back. Your lack of health was caused by your lifestyle, don't repeat it.

### Summary

In this report you have learned why you have your condition and have had described a proven, successful protocol used not only in my office, but there are similar protocols used in many offices throughout the country.

You can solve your Irritable Bowel Syndrome on your own by following my step-by-step protocol or use it with the advice of another physician. It's up to you!

If you wish to purchase a more complete description of my IBS protocol, please click the link below to purchase my best-selling book called: "Why Doesn't My Doctor Know This: Conquering IBS, Crohn's Disease and Colitis".

[Click Here to Visit Amazon.com to purchase Dr. Dahlman's boo](#)

Good luck and I wish you only the best of health!

## FREQUENTLY ASKED QUESTIONS

This section of this report is designed to add additional information in an attempt to give you all the tools you need to conquer your health concern. These questions have been heard over and over in my office. Let's separate the type of questions into three categories: Advice for everyone and advice for those having some trouble achieving the results they are looking for with this treatment. I have also provided some advice to use after you have successfully completed my program.

### Advice for Everyone

***Isn't my stress causing my autoimmune inflammatory condition and shouldn't I wait for a time when my stress level has lowered before I start your program?***

No. Neither stress nor anxiety causes autoimmune inflammatory conditions. I get asked this question all the time as if the patient is looking for a reason that they can't be cured. They do know one thing: Each time they get anxious or experience stress, their symptoms rise up and smack them. Therefore, they draw a conclusion that anxiety/stress causes their issues. It doesn't, it only exacerbates an already unhealthy gastrointestinal system and can affect their autoimmune inflammatory symptoms. Think of it this way, I don't screen my patients at my front door to determine how much stress is in their lives or how anxious of a person they are. This protocol still reduces or eliminates everyone's symptoms regardless of their stress or anxiety level.

What the patient will notice as they go through my program is that life will still present all of the challenges they are used to and they will still react the same way, anxiously, but their gut will not express itself with the same uncomfortable symptoms as before and their autoimmune inflammatory symptoms in time are lessened.

***What if I get an infection and need to take an antibiotic?***

Take one! I'm not against the use of antibiotics, I'm against the unnecessary use of antibiotics. First, see if you can muscle your way through the infection to see if your body catches up to it and you don't need the antibiotic after all. If you get to the point that you need the antibiotic, then by all means we will take one. You prevent yourself from damaging your probiotic balance and entering that vicious cycle that results in gastrointestinal problems by taking the probiotics I recommend in this report while you take the antibiotic. Take probiotics during the course of antibiotics and for 2 months after.

***What if in the past, I have tried some of the advice in this report and found it not to be effective. Can I just use some of the advice?***

Don't pick and choose the products or dietary advice that you believe might help you the most. You have already been designing your own plan and I know you're well educated in this area, but I also know that you haven't yet put together a comprehensive program for the elimination of IBS. If you had, you wouldn't be reading this. It doesn't matter you have tried some of this advice. Let's start over.

It is the comprehensiveness of this program that makes it effective. Everything must be done together and in the proper order. The foundation of the program applies to everyone and consists of the recommended products detailed in this report, which may be of a higher quality than what you have used in the past and dietary advice that could be a bit more detailed. It needs to be taken seriously and follow it 100% in order to see if this advice applies to you. Don't cheat, use that same discipline you use in other parts of your life. You won't regret it.

***Are artificial sweeteners safe to use?***

In order to get well you should eat only foods as nature intended them to be. Artificial sweeteners don't fall into the natural category.

The worst culprit of all is aspartame, also called NutraSweet and Equal. The FDA maintains a database

of common complaints of this product and stomachaches are #5 and diarrhea is #7. Stop using them immediately, even if you don't have these two symptoms. Whenever a patient comes into the office with unexplained symptoms that traditional medicine cannot identify or treat successfully, I ask the patient if they consume any type of artificial sweeteners. If the answer is yes, eliminating them from their diet reaps amazing rewards. Especially for digestive problems.

Also, Splenda, Sucralose and Acesulfame K are also artificial sweeteners in spite of the manufacturer's attempts to sweet talk the public into thinking they are derived from natural substances like sugar. Splenda and Sucralose both are derived from sugar, but their dirty little secret is the addition of a chlorine molecule to the partial sugar molecule. The same chlorine used in the water in your pool. No thank you! Acesulfame K is also a non-tested product with yet unknown side effects. Beware, avoid like poison because they all have long-term health risks. Follow a simple rule: If man has created, altered, or processed the product, your body will not understand it and will react negatively to it.

[Click here to read more about the dangers of artificial sweeteners at Dr. Dahlman Online.](#)

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### ***How about Stevia?***

Maybe. Some "stevia" products are just stevia and others contain very little stevia. There are a few things to know about the safety of stevia as it is far more complicated than one may think. As with many mass-produced products from well-known large manufacturers of food, shortcuts and twisting the English language play a large role.

Many "health conscious" people believe that any product that contains stevia must be healthier for them to use than good old-fashioned sugar. I agree that too much sugar is detrimental to a person's health, but should you substitute it with something that you truly don't understand?

Most stevia products are a combination of a low calorie natural sweetener like erythritol, sorbitol, dextrose or rice maltodextrin. Then they add rebaudiana A (that's NOT stevia) and natural flavors. Rebaudiana A is a low-calorie extract of the stevia leaf, it's not the full leaf with the most sweetness. One product on the market sweetens with agave inulin.

Stevia is not safe for a couple reasons:

1. All of the "natural" sweeteners mentioned above may cause gastrointestinal complaints for some people. Not everyone, but does it for you?
2. The sweeteners mentioned above come from genetically modified corn (GMO).
3. Inulin may also cause gastrointestinal complaints.
4. There may be about one percent of actual stevia in these products. The rest is the GMO sweeteners.
5. Rebaudiana A comes from China and is also GMO.
6. The "artificial flavors" mentioned in some of the products are not natural. There is a loophole in FDA labeling.

The only safe stevia product is one that only contains stevia and possibly a small amount of water and alcohol. Read your ingredient labels.

### ***What about my genes? Aren't I predisposed to my gastrointestinal condition?***

Only if you flip your genes on... What? Yes, genes can be flipped on and off. Not everyone with bad genes see those genes express themselves. A person must do something or have something done to them that flips a gene on to express itself as a health condition.

Think of the fact that not all women with the BRCA1 or BRCA2 breast cancer gene get breast cancer. We all lead different lifestyles, expose ourselves to different things and also eat different diets. The easiest answer is the women who don't get breast cancer have, for some luck of the draw, led a much different life...perhaps healthier...than the women who do get cancer. Even though they have the same gene.

The same applies to gastrointestinal conditions. Just because your father, grandfather, brother or some other member of your family had the same gastrointestinal condition you have...or more than one member of your family did...doesn't mean that you are destined to be stuck with your symptoms and condition. You aren't. You can flip that switch back off...if it's genes at all.

Consider that I don't screen my patients for genetic defects, though I could with today's technology...I take all patients that come to me, and almost all of them will see a complete reversal of their symptoms...never to come back.

### ***What is an empty stomach and how can I tell?***

I talk a lot about "empty" stomach in this free report in regard to not drinking with meals or for one hour after or taking some supplements on an empty stomach.

Simple: Your stomach is empty when you have not eaten in one hour.

You can drink liquids one hour after eating, not during. You must take your probiotics before a meal...when your stomach is empty.

Many may wonder how they get all the water they need each day with this rule? You have many hours a day to hydrate yourself with water. This rule restricts water intake for about three hours per day (three meals a day). No complaining.

Exception: Soups...even with vegetables or meat/chicken in it...is considered a liquid for this rule. Eat it first and no need to wait to start your sandwich.

Be an ingredient label detective, not a nutritional panel detective.

It's very important to know exactly what is in your food...if they have an ingredient label. Fresh chicken breasts or a bag of carrots don't have an ingredient label. The rules I teach about in this report require you to read all labels looking for the foods that I am suggesting you eliminate from your diet. Read the ingredient list.

Not the nutritional panel that lists calories, fat, cholesterol, sodium, carbs, sugars and protein. Do not waste your time by looking there for clues as to if this is a good product to eat based on my rules. Read the ingredient list.

Also, pay no attention whatsoever to statements on the product label like: "This product was produced on equipment in a facility that also processes wheat, gluten, dairy, nuts, peanuts, eggs or shellfish." This type of statement has no relevance at all to what we are trying to do with your diet.

Be an ingredient detective, read the ingredient list.

## **Advice for Anyone Not Yet Symptom Free**

### ***Why do all foods cause me trouble...even water? I hardly eat anything.***

The hallmark of gastrointestinal conditions is the overwhelming frustration trying to figure out what to eat and what not to eat. The patient...usually very smart, having learned quite a bit about their condition on the internet and using much common sense...rarely can discover all the foods that are bothering them. Many times, they are avoiding foods they needn't avoid.

This results in many people whittling down their food choices to a handful...or less. Safe foods they think. But, how can they be sure? They're still quite frustrated with their condition, aren't they? Still have symptoms.

What have they really accomplished?

When a patient complains about water, they haven't put together all the pieces of the puzzle.

The main reason is that people have feelings about food. Two examples.

I have found that almost all patients have an arbitrary time frame of between 20 minutes to two hours... that if a food does or does not cause a problem for them in that time frame, they declare that food to be problematic or safe. The problem foods are then avoided. This begins the whittling down process. A couple problems with this approach.

Problematic foods that you have yet to identify may keep your gastrointestinal system in a condition of constant uproar. This may give the impression that all foods...or most foods are the problem when they are not.

Also, no one ever really eats just one food at a time to make this determination. Some do, but it's rare. Perhaps they eat the same thing most of the time (safe foods) and then they add one food to that meal and they have some trouble...that could be a proper test, but maybe not.

Let's think about how this process begins. The person starts to have gastrointestinal problems. At some point they begin to wonder about foods that might be the villain. And they apply the 20 minute/two hour rule every time they eat.

That brings me to the second example. People have feelings about what foods are good/bad for you, contain all that nasty fat (improper perspective – fat is NOT harder to digest) or are protein, which is considered by some to be harder to digest. No on all counts! If someone has a pork chop and carrots for dinner and feel horrible shortly after, the majority of people will blame the pork chop because it is fatty and meat is harder to digest. They could be wrong, especially if they have no idea that fructose can cause symptoms. I described fructose intolerance and the foods that contain fructose earlier in this report.

So, the person eliminates the pork chop and continues with carrots...and other fructose containing foods... and never realizes it's the fructose that is causing trouble. So, they eat again and they have trouble because there is fructose in the meal. And their "safe" food choices keep getting smaller.

Test single solitary food if you want. It's the only correct test. One must eat only one food and see what effect it has on them. I am not really advocating that, just pointing out the most logical process to determine if this one food is a villain.

Controlling variables – eliminate or introduce

The success of my treatment plan has much to do with the controlling of variables. As an example, dairy is a variable, and we eliminate it since it is so well known to be a dietary villain. Other foods can be tested, but must be tested alone.

Re-introduction of foods can only be a true test if you do it with a single solitary food. Never introduce new foods together at the same time.

You can eliminate multiple foods at one time in order to try to become comfortable...you want to feel better soon, right? But, you won't truly know what foods were the culprit until you re-introduce them...one at a time.

I'm constipated. Any other advice for me to become more comfortable?

The treatment plan detailed in this report is usually sufficient enough to eliminate constipation in most patients. But for some, while the program takes effect, it may be important to consider a few things and try them to accelerate the treatment plan.

## Water

Such a silly stupid suggestion, but it might actually be that simple as many people don't hydrate enough. For some, it may solve the entire problem. Here's why.

If you don't drink enough water (yes that means 6-8 glasses per day) you may be in a constant state of dehydration. There are some very important organ systems dependent on water for maintaining your life. How about the brain? How about your heart? There are others also. If you don't take in enough water and need water in other parts of the body, the brain is very smart. It will take the water from wherever it can get it. From the bowel is the easiest place. This then creates a hard stool that will either occur infrequently or will be hard to pass.

Getting enough water everyday may be very helpful as you rebalance the bacteria and chemistry of the gastrointestinal system. Additional causes of dehydration are also any drinks that contain caffeine (coffee, tea, soft drinks), which are diuretics and forces water out of the body. How many of you are also taking a diuretic along with your blood pressure medication? You all need additional water.

If your excuse for not drinking enough water is because you work in an environment where you can't run to the bathroom whenever you want to (I've heard them all, haven't I?) the solution for you is to drink small amounts frequently. If you drink large amounts at a time the body only needs so much and you will have to excrete what you don't need at that time. If you drink small amounts many times, the body will use it for your normal processes and not have excess to excrete. And you won't have to run to the bathroom. Drink your water!

## Sufficient Caloric Intake

Do you eat enough? Seriously. Many people don't. Some with constipation don't eat as much as they need because eating makes them uncomfortable. Others just don't eat enough for other reasons.

If you don't eat enough for your metabolic needs based on your weight, height and activity level, you might be constipated.

I have had many patients...especially females...sorry ladies, that might eat one half or one third of their caloric needs for the day. So, if that's you...it makes sense that you might only have a bowel movement once every 2 days or if you only eat one third of the necessary calories...you might have a bowel movement every three days.

Google your caloric needs by going to a website and enter your weight, height and activity level and then find a website or app to use to enter your daily diet. You might be surprised how far off you are as to your caloric needs. Eat!

## Magnesium Citrate

Laxatives are common, but can be rough on your insides. Magnesium citrate works well for some as it pushes water back into your large bowel without being rough. It's the same reason milk of magnesia over the counter products are used.

Remember the above comments about being dehydrated and the body will smartly take water from the large bowel to hand off to more vital organs? Magnesium citrate reverses this process. Coupled with proper hydration, this may work well for some.

At my secure online store, I have a product called Mag Citrate. Two tablets at bedtime is the starting dose. Oh yeah, drink your water as well.

## Fiber Products

Fiber products are also viewed as a sensible answer. Get your fiber, everyone hears. Well, let's get it from your food and NOT from some processed, pharmaceutical company, mass-produced product.

The well-known fiber products like Metamucil, Citrucel and Benefiber are very rough on your insides and escort nutrition out of your body before it's absorbed. Bad idea.

Eat whole natural plant material for your fiber...and more of them!

### ***What if I am already using a laxative right now and want to begin your program?***

Not a problem for now. I want you to remain comfortable. But, the goal should be to get off of them. Some folks use colonics for relief. Same goal, get off of them as soon as you see the progress you are looking for with my treatment plan.

Wean slowly, no cold turkey. My treatment program makes this possible for almost everyone with constipation who uses some form of laxatives or assistance.

### ***Can I eat nuts or popcorn as a snack?***

A bad idea until we get a better handle on exactly what is causing all your discomfort and start seeing progress...and maybe not even then.

Nuts and popcorn can be very rough on your insides. I have seen them cause nausea, stomachaches, pain, gas, bloating and diarrhea.

Let's stay away from them for the time being till we get a better understanding of what is good and bad for you while your gastrointestinal system heals by using the supplements I recommend.

### ***Dr. Dahlman, I was doing so well on your program and was totally symptom free, but something has changed and I am back to some of the old symptoms I used to have. I'm doing everything like you said to do. Any advice?***

This struggle is sometimes part of the process. These things happen and there is always an answer. We learn from this. And it's usually your diet.

But wait, didn't this person tell me they are doing everything just like I have told them to do?

Maybe, but maybe not, as sometimes things are not as clear as one may think. So, let me ask two questions about your diet to see if you are really eating according to my rules. Both questions are similar, but different and may reveal something that you are not considering.

First, are you eating any new foods that don't break any of my rules and second, are you eating more of any foods that you have been eating all along that don't break my rules?

New foods are many times tried because you are looking for more variety to eat because I have taken so many foods and food groups away from you. Normal response, but in your answer you may find foods that are causing your symptoms. You aren't blaming those foods because as far as you are concerned and according to your knowledge of my rules, they should be safe to eat. But maybe they are not.

The solution is identifying the new foods and stopping them to see if that eliminates your discomfort.

If you are eating more of foods you have been eating all along, there may be a clue here. Sometimes foods that don't seem to cause trouble may do so when you eat more of them.

As an example, if you are eating more fruit (very common response to a limited diet) and begin experiencing symptoms you can't explain...is it the fruit or is the clue you are getting is that at a higher level of ingestion, it's the fructose in the fruit that's causing your trouble.

This means that all foods that contain fructose are a problem for you and you can only determine this if you completely 100% eliminate all fructose from your diet. A fructose intolerance is a growing problem for people with gastrointestinal conditions. Ten years ago we didn't see it as much.

This does not mean that the one fruit you just ate and then experienced symptoms from is the problem. This

does not mean that fruit in general is your problem. It means any food that contains fructose is the villain.

Please review the no fructose rule detailed earlier in this report.

### ***What are normal foods?***

This is not a question asked by patients but a concept I must explain as there are certain foods that might be a bad idea to eat. Lately, there are so many unusual new foods available...and they don't seem to break my dietary rules. You may be eating something that you have not put a critical eye on at all and it or they may be part of the reason you still have symptoms.

Normal foods for our purposes, has no logical definition. It's simply my definition.

Normal foods are foods that most Americans eat. What? Many Americans eat a lot of junk food and foods that I wouldn't eat...you might say. True, that's not what I'm talking about. I'm talking about foods that are typical good old American cuisine. I'll explain more in a moment.

Normal foods are also foods that I have much experience within my patient population over the last two decades. They are not foods that I have no experience with, and I may not have the best advice for you if you are eating them.

Some examples, as I can say with surety that most of my patients:

- Don't use hemp products.
- Don't put hot sauce on everything Yes, I had that patient once.
- Don't put chia seeds or other less well-known seeds on their food.
- Don't use protein powders
- Don't use "green" powdered drinks.

Many years ago, I would have considered coconut products to not be "normal", but recently they are quite mainstream.

So, the basic idea here is that I don't have a large amount of experience with patients using "non-normal" foods and how they react with "normal" foods and the supplements I recommend. Not yet.

Stick with normal foods according to my definition. Don't allow your emotions to dictate whether or not you use something. Don't ever say you "need" a food or certain supplement. No, you don't.

That means you may have to temporarily give a few things up, but the success of my treatment plan is the manipulation of variables. Get some things out of the equation and reduce any variables that may confound our decisions. WE can re-introduce them later.

See my comments about controlling variables and solitary foods a few pages above.

### ***If fructose is my problem, how would I know?***

A fructose intolerance usually presents as pain or nausea, gas and bloating, loose bowels, or inconsistent bowel behavior. Any person can have one, two, three or four of these symptoms and have a fructose intolerance. You do not have to have all four.

Inconsistent bowel behavior is when a person has one or two good days and the three bad days. Or they have one good day, two bad days and then three or four good days. No pattern at all. Very inconsistent.

If this seems to be your pattern or you have any or all of these symptoms after being on the program for a while, try eliminating fructose. You will know if this is meaningful advice for you within a week or so.

If you see improvement in the first two weeks, continue with this elimination for at least a couple months.

***If I have to give up fructose, does that mean forever?***

No, for most patients, I'm not sentencing you to a lifetime of no fructose. For some reason, eliminating fructose for a couple months seems to rest the bowel from having to digest it and then when you re-introduce it into your diet, you can tolerate it better.

Do it slowly and what you will find is that there is a line out there somewhere. If you cross over that line, in other words eat too much on any given day...you may then see some symptoms return. Learn where your line is and stay below it.

Once you learn this line, it doesn't mean you can't go over it on any given day or holiday...at least you will know what caused your symptoms.

A few patients may find that fructose intolerance is a problem forever. Very few.

***Could my medications be causing some of my symptoms?***

Yes! Little known is that the insert that comes with your medications contains data about side effects that the medication has caused in a small percentage of people. Most common side effects of medications used for gastrointestinal complaints of all kinds are pain, nausea, diarrhea, constipation, and other discomfort that you may be experiencing. Are you one of them? Read your insert...bet it will be for the first time, won't it?

***I already know what foods I'm allergic to by the way I feel. I'm avoiding them. Do I still need a food allergy test?***

Probably...and because you actually don't know what foods you are allergic to. You think you do because the term "allergy" is little understood and used incorrectly. Many people think that an adverse reaction in their body that they link to a certain food is an allergy, though it may be an intolerance.

The difference between an allergy and an intolerance is that intolerance happens within the digestive system and an allergy happens in the bloodstream.

An intolerance, happening within the digestive system is a simple inability to digest...or tolerate...the particular food. An intolerance mainly causes symptoms associated with the digestive system such as gas, bloating, indigestion, reflux, heartburn, diarrhea, alternating diarrhea/constipation, pain, spasms or vomiting.

The main food intolerances are to dairy, gluten and fructose containing foods.

A food allergy happens within the bloodstream when foods...not fully digested...cross over from the inside of the digestive system through unhealthy tissue and into the bloodstream. Once there, the body will not recognize the not fully digested molecules and the immune system gets involved.

First, the immune system creates an antibody to that specific food. Each time the antibody comes into contact with those molecules of food, chemistry is generated that has far-reaching effects on the human body. You cannot feel the creation of this chemistry, though you can feel and experience the long-term effects of it. This chemistry may have consequences to the bowel, but the mostly widely accepted understanding of this chemistry is that it creates inflammation in the body.

If you suffer from an inflammatory condition...of any kind...or have reached a point in your treatment plan as described in the "Step-by-Step Thought Process" section of this report, it is important to identify your food allergies and to heal your digestive system to prevent the foods from crossing over into your bloodstream.

You can be allergic to ANY food, regardless of whether or not you think it's a healthy food or whether or not it's organic. It's all about ANY food that crosses over to the bloodstream through an unhealthy digestive system. Food allergies go away in a few months and intolerances may never go away.

***Are spices allowed?***

We have to be careful here. Some are and some are not. When confused about what to eat and what not to

eat, eating bland is always the best choice...but not the most delicious.

Salt and pepper should be no problem as long as you don't use a lot of them. Be careful with pepper as it can irritate the stomach and small intestine. Cut way back on it if you have any pain or nausea issues. If you love pepper, you're probably in trouble.

Green spices like oregano, dill, thyme, etc. should be no trouble at all.

"Hot" spices are where we really have to be careful. Cumin, paprika, turmeric, cayenne, chili powder, curry etc. can be very irritating and cause pain or nausea issues.

Usually garlic is not a problem, but if you love it and use it a lot, might be best to avoid as a test.

### ***I'm eating a lot of eggs because my diet is so restricted. Is that all right?***

I don't know, so let's test that. If you enjoy eggs and eat many of them...even if it's three or four times a week for breakfast...they may be a problem.

Eggs are in their own category when it comes to being a potential dietary villain. I'm sure you have noticed statements on food labels that say, "This product was produced on equipment in a facility that also processes wheat, gluten, dairy, nuts, peanuts, eggs or shellfish."

So, we already know that eggs are suspect for some people...and they may be for you. Once again, test this variable...get it out of the equation (you) and let's see if your symptoms change after eliminating them.

### ***But I love these foods, can't we eliminate other foods first?***

In all the years I have taken care of my patients, if a person expresses an emotion about a food...I already know that food has to be eliminated from the equation to see what happens next.

Comments like, "I love cheese" or "That's my favorite food" or "I can't live without that food" or "but I eat popcorn every night as a snack"...always mean that they are eating it too much and should avoid it to see what happens. It's usually centered about dairy products, but bread and pasta come in a close second. People can have feelings about any food and if you can admit this to yourself, you may see great results. Be honest!

### ***How about lettuce?***

Lettuce - how can that be bad...bunny rabbits eat it. But, it can be. I have seen any type of lettuce drop people to their knees in pain, cause gas and bloating, stomachaches and sometimes diarrhea. Be careful with lettuce and raw spinach, but don't eliminate from your diet unless you know for a fact that they cause you problems.

### ***Have you switched to natural non-caloric sweeteners to avoid fructose or sugar?***

Most health-conscious patients avoid artificial sweeteners...that's good...and because of my program, some are avoiding fructose or sugar in general because of a low carb diet. They will turn to all natural non-caloric sweeteners known as polyols like xylitol, erythritol, sorbitol, mannitol, maltitol and isomalt.

Polyols are sugar alcohols commonly added to foods because of their lower caloric content compared to real sugar.

Two others growing in use are dextrose and agave inulin. They are sugars, not sugar alcohols.

These sugars and sugar alcohol molecules can be poorly absorbed by some people in the small intestine of the digestive tract. Arriving at the large intestine, they act as a food source to the bacteria that live there normally. These bacteria then digest/ferment these molecules and can cause symptoms of irritable bowel syndrome (IBS) such as abdominal gas and/or bloating and distension, abdominal pain, nausea, diarrhea and/or constipation and other gastrointestinal complaints.

This occurs in a VERY small percentage of patients. Try them if you wish but be careful and pay attention to

any reaction.

If you are avoiding fructose because of my treatment plan, remember that the advice is to do so for about 2 months...maybe a bit more. Your digestive system will rest and then be able to tolerate fructose more efficiently. Then go back to fructose to see how your system handles it.

If you are avoiding all sugar because of a low carb diet and are using the above sugars and sugar alcohols, consider not doing so if they cause trouble...use good old fashioned sugar, but less of it.

## **Advice when you have achieved your goals and are symptom free.**

### ***Can I add back all the foods that I have been avoiding?***

Yes, some, maybe all and maybe none. Confused? This is the most common question asked when a patient has reached the point where they have achieved their goals and are now symptom free. Every patient wants food back, but not everyone will be lucky enough to get all the foods they have been avoiding back into their diet.

Some patients don't care because they are now so much more comfortable after years of discomfort and medications.

But most want some of these foods back. So, what's the plan to add them back? Be conservative. One at a time and in small amounts.

Since most people are interested in getting dairy products back into their diet, let's try a small amount of cheese on a salad one day. Sit back and wait for a few days to see if you sense any negative changes. No? Then go ahead and eat it again or some other dairy product. Sit back and see what happens.

There's no science to this or specific way for everyone to do this. Be cautious and conservative in your approach and the way I just described applies to the reintroduction of any food or food group.

***After a patient has completed the treatment plan and then six months or 2 years later they call me and say, "Dr. Dahlman, I can't believe it. Some (all) of my symptoms are back and I'm doing everything just like you told me. Do I have to start the whole program over?"***

Luckily for me, and my patients, this phone call takes place only a few times each year. And every time it's a dietary problem that is causing the symptoms. Here's why.

When a patient first starts to re-introduce foods after a successful completion of the program, they do so conservatively, trying one food at a time, waiting in between for symptoms to show up just like I just explained. And for these patients, nothing negative happens. A few days later they add some cheese to a hamburger and then a few days later they try some of their child's or husband's ice cream. Each time they do, they nervously wait to see if symptoms appear. And they don't.

And the re-introductions continue.

Or, you begin to eat wrong again, ignoring all the advice I have given you. Your diet may still play a huge role in why you have symptoms. Don't ignore it completely.

And realize the treatment plan you have just used has eliminated your symptoms and restored health and balance to your body or specifically your gastrointestinal system. We can do that. This program does not suggest that we can "cure" you of a dairy intolerance or "cure" you to tolerate gluten or fructose better.

So, if you see a return of symptoms, use the just discussed advice above AND realize that your condition is not back, it has not returned....you just have a problem with dairy...or gluten...or fructose...or some other food.

The health condition you have just fought so hard to eliminate is just that. Gone!

And you should be congratulated for the effort you have put into achieving that.

Congratulations.

***Special advice about gluten – stop eating it even if my treatment plans don't suggest you do.***

Gluten is a topic everywhere anymore. And it should be as I have seen it cause many more health troubles than what we have discussed in this report. So, it may be worth it to you to stop eating it to see what happens.

In this report I have detailed a step-by-step approach to trying to solve your health condition. So, you may have never gotten to the “no gluten” rule as your main concerns and symptoms have been conquered before you needed to try. Mission accomplished.

But, I have seen many patients who simply decided to eliminate gluten because it has been in the news so much lately. I highly recommend that you do as well. I haven't eaten it since 1975.

I have heard comments from women about how their hair, skin and nails all reacted favorably to no gluten. Many people report clearer thinking. The most common comment is that the person just feels better.

You try it and let's see what happens. Let me know!

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