
Crohn's disease, ulcerative colitis and Irritable Bowel Syndrome (IBS) often have similar symptoms of diarrhoea with abdominal pain and gas distention, alternating with constipation. Crohn's disease and ulcerative colitis are characterized by periods of exacerbation and remission.

Crohn's disease is a chronic inflammatory disorder that can affect any portion of the gastrointestinal tract from the mouth to anus. Most sufferers report reduced appetite, weight loss and significant digestive disturbances.

Ulcerative colitis is an inflammatory disease of the colon and rectal mucosa, due to unknown cause.

Irritable bowel syndrome (IBS) is characterised by abnormal functioning of the colon. There appears to be no organic lesions in the bowel that initiate symptoms. The prevalence of IBS is double in females compared to males.

SUGGESTIONS

1. Check for food sensitivities and eliminate or minimize intake of those found to be a problem.
2. Yoghurt containing ABC cultures build up good bacteria in the gut. Alternatively, the diet should be supplemented with pre and probiotics.
3. By limiting poorly digested sugars such as lactose (milk), fructose (fruit), sorbitol, mannitol and certain fibres, you minimize the overgrowth of undesirable gut bacteria of bad bacteria which may contribute to IBS.
4. Maintain a wheat/gluten free diet. Consume grains such as rice, millet, tapioca, quinoa and amaranth.
5. Limit processed foods containing excess fats and sugars.
6. If diarrhoea is present, dehydration, sodium, potassium and protein loss can become a problem.
7. Dairy products and refined sugars may need to be avoided if they cause irritation.
8. Vitamin supplements should be taken to reduce the possibility of deficiency. Specific nutrients that should be monitored include zinc, iron, folic acid and vitamin B12. The importance and adequacy of essential fatty acids such as fish oils and Glutamine important for gut repair also not be underestimated.
9. Aim to reduce stress by undertaking relaxation techniques such as walking, meditation or yoga.
10. Limit highly refined white flour products such as bread and refined cane sugar.
11. See a qualified wholistic health professional trained in nutritional and environmental (integrative) medicine who can comprehensively evaluate your symptoms and who can develop an individualised, strategic intervention plan.

Bowel/Gut DISORDERS

1. Crohn's Disease

2. Irritable Bowel Syndrome (IBS)

3. Ulcerative Colitis



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BOWEL/GUT DISORDER PRODUCTS

- ♥ Less than 3% fat
- Low GI
- ⊕ Limit consumption to twice weekly

Biscuits - Low GI

- ♥ Apricot Temptation
- ♥ Spicy Apple Sensation
- ♥ Blueberry Bliss
- ♥ Sticky Date
- ♥ Zesty Ginger

Snacks - Gluten-free, wheat-free

- ♥ Baked Corn Chips - Plain - **Low GI**
 - Fried Corn Chips
 - Plain
 - Cheese
- Chick Pea Chips - **Low GI**
 - Potato Chips no salt
 - Crackers
 - Snack Bread – Dry Crackers

Snack Pack:

- Gluten/Wheat Free, Dairy, Nut, Egg Free
 - Hommus Dips & Crackers
 - Spinach & Garlic Dips & Crackers

Confectionery - Gluten-free, wheat-free - Low GI

Fruit strips enriched with a vitamin & mineral blend

- ♥ Apple & Apricot
- ♥ Pear & Peach
- ♥ Apple & Plum

Sauces

Gluten-free, wheat-free

- ♥ Tomato Pasta Sauce

Spreads - Gluten-free, wheat-free

- ♥ Vege Spread (gluten free/yeast free)
- Soy Butter

Fruit spreads - Gluten-free, wheat-free - Low GI

- ♥ Apricot
- ♥ Raspberry
- ♥ Strawberry
- ♥ Marmalade

Slices/Bars

Gluten free, Wheat Free Slices

- ♥ Strawberry Multipack - **Medium GI**
- ⊕ Choc Chip Multipack
- Omega Bar

Breakfast Bars

- ♥ Hi-Lite Breakfast Bar - **Low GI**
- Gluten Free Breakfast Bar - **Low GI**
 - Super Berry Breakfast Bar, only 4% fat–
Medium GI

Breakfast Cereals

- ♥ Hi-Lite enriched with vitamin C, iron & folate - **Low GI**
 - ♥ Rice Flakes with Psyllium gluten free
 - ♥ Rice Puffs with Psyllium gluten free
 - ♥ Corn Flakes with Psyllium gluten free
- ♥ Ultra Rice with Psyllium gluten free
 - Yeast Free / Wheat Free Muesli - **Low GI**
- Gluten Free / Wheat Free Muesli - **Low GI**
 - Porridge Quick Oats (Contamination Free) - **Low GI**

Pastas - Low GI

Gluten-free, wheat-free

Enriched with a vitamin & mineral blend & added fibre

- ♥ Enriched Rice
- ♥ Enriched Spaghetti

Beverages

Organic Grape Juices

- ♥ Black Muscatel
- ♥ Shiraz
- ♥ White Muscatel

Bakery

Gluten free, wheat free

- ♥ All-purpose Flour
- ♥ All-purpose Crumbs
- ♥ Pancake Shake

Cookbook (RRR \$24.95)

Low Allergenic Fragrant Free Body Range

- ▶ Natural shampoo & conditioner
- ▶ Crystal deodorant stick
- ▶ Crystal deodorant spray
- ▶ Crystal roll on deodorant
- ▶ Aluminum free roll-on Deodorant.
- ▶ Body soap

Avoid any of these Freedom Food Products if a known allergy exists.

Glycemic Index (GI) is a ranking of foods based on their immediate effect on sugar levels. Low GI carbohydrate foods break down slowly during digestion, helping to control hunger appetite and blood sugar levels

The Freedom Foods cookbook (RRP \$24.95) provides an interesting variety of dishes that makes it easier to cope with the restrictions of Bowel/Gut disorders; visit Freedom Foods website www.freedomfoods.com.au or free-call 1800646231 for further information