



Digestive Health Guide for Bowel Obstruction



Food Guidelines - Recipes - Lifestyle Recommendations
Low-Fiber Diet • Minimal Fiber Diet • Liquid Diet
For Patients With Recurring Bowel Obstructions



About this Guide

This *Digestive Health Guide* was created by Clear Passage Physical Therapy®, a network of physical therapy clinics that treats adhesion-related bowel obstructions, non-surgically. We hope it assists patients with the lifestyle choices they face with recurring bowel obstructions.

The *Guide* is a collection of suggestions from various sources that our bowel obstruction patients have found beneficial. **This information is not a substitute for the advice of your dietician or nutritionist.**

About Clear Passage Physical Therapy®

Over the last several years, Clear Passage has developed a hands-on therapy as a non-surgical procedure to treat bowel obstructions. Considered unique and pioneering, this therapy is recognized by respected physicians, medical journals and the media for achieving success with a natural, hands-on treatment for adhesions.

Initially, Clear Passage therapists opened totally blocked fallopian tubes for patients using only their hands – a procedure previously thought impossible without surgery. After success treating these smaller organs, they moved on to open obstructed bowels—organs that are larger and easier to clear. The therapy has prevented hospital stays and surgeries, and the post-surgical adhesions that can cause new obstructions, for many patients.

Clear Passage treats patients from all over the world in several U.S. locations during one to two-week programs. Roughly 20 percent of their patients are healthcare professionals.

Learn more about the therapy for bowel obstructions, or schedule a personal consultation at no charge. We gratefully appreciate the contributions of the sources listed on page 41 that provided contributions to this *Digestive Health Guide*.

www.clearpassage.com



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ATTENTION

This guide offers general nutritional guidelines. As with any diet, please consult your doctor and/or dietician prior to starting a new diet or if you notice changes in your bowel movements. Generally, we do not recommend staying on a Low-Fiber Diet for an extended period of time. Check with your doctor about the duration of your diet.

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Reducing the amount of fiber in your diet can cause fewer bowel movements and smaller stools. This can reduce gas, abdominal cramps and pain. As a result, Low or Minimal Fiber Diets are typically recommended for patients with digestive issues.

If your symptoms are mild, a Low-Fiber Diet may be appropriate for you. With severe symptoms, you may need to follow a stricter Minimal Fiber Diet or a Liquid Diet. The length of time that you should follow any of these diet options will depend on your individual condition and symptoms.

It is important that your doctor is aware of any dietary changes you make. Please notify your doctor immediately if you experience changes in bowel movements, such as:

- constipation
- nausea
- vomiting
- pain



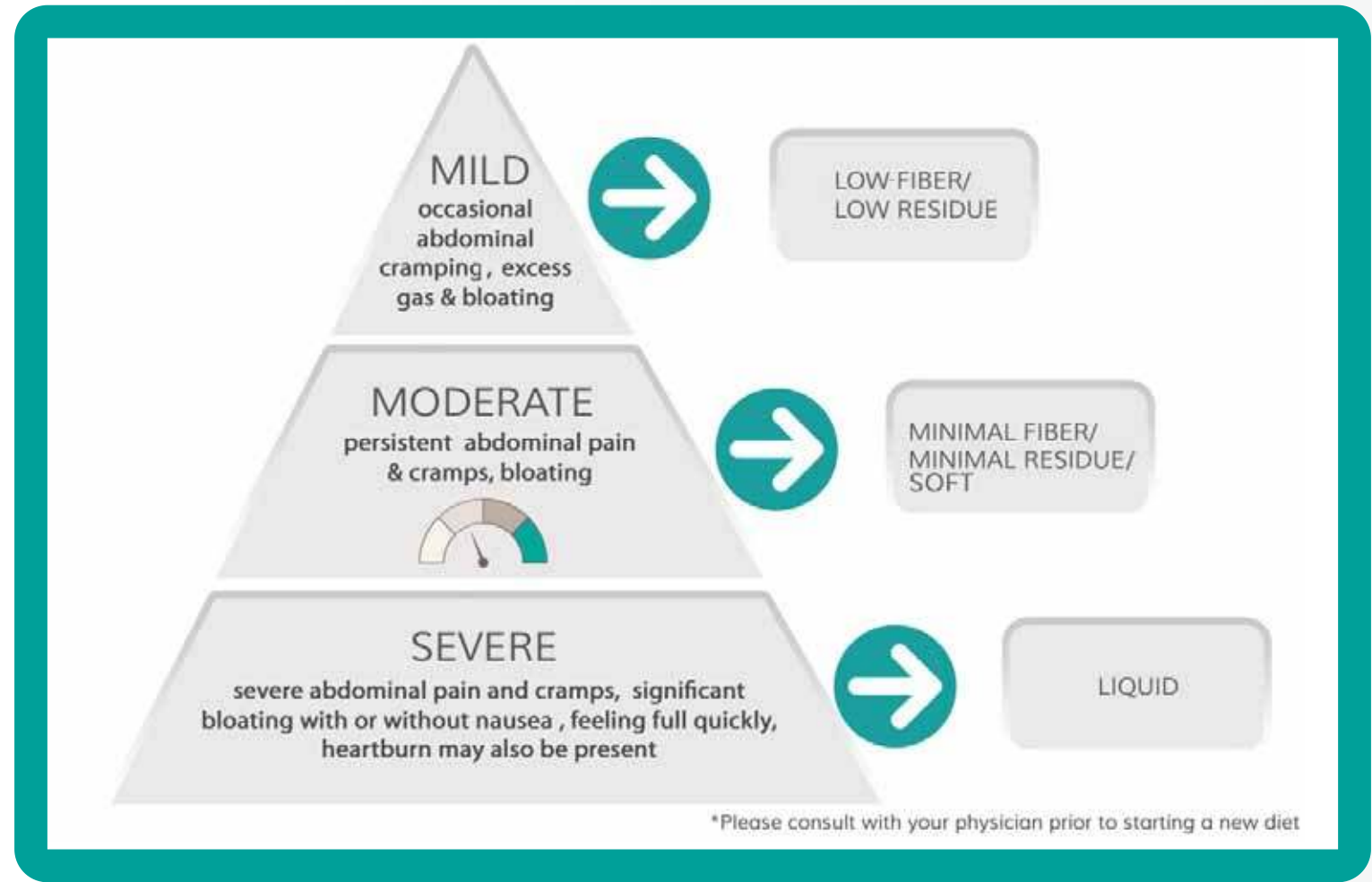
Did You Know?

A Low-Fiber Diet is sometimes called a restricted-fiber or low--residue diet.

Which Diet Is Right for You?

Fiber is found in plant foods, such as vegetables, fruits, beans, nuts, legumes, and seeds. It is considered an indigestible carbohydrate. Sometimes when your bowel becomes obstructed or if the risk of bowel obstruction is present, your doctor or dietitian may advise you to follow a Low-Fiber Diet. In doing so, you lessen stool bulk and limit the amount of undigested materials that pass through your small and large intestines.

View the chart below to find out which diet will work best for you based on the symptoms you are having.



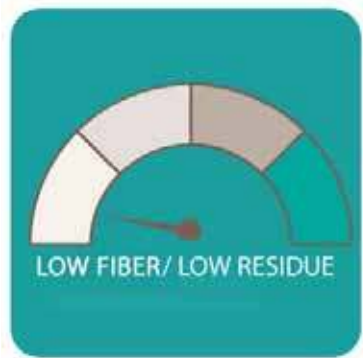
General Guidelines

- If you peel foods and remove seeds, you will reduce the amount of fiber.
- Meat, dairy and eggs do not have fiber and are a good source of protein. However, avoid lactose-containing drinks if you have problems with milk products.
- Do not force food; eat only as much as you are comfortable consuming.
- Chew all solid foods well; relax and enjoy what you eat.
- Keep a food journal. Write down which foods may make you nauseated, bloated or give you cramps.
- Stay hydrated. Health professionals suggest drinking up to 64 ounces of water per day. Remember “8 by 8” (8 glasses of 8 ounces of water)!
- Eat small, frequent meals and snacks. Eat every two or three hours, rather than having three larger meals.
- Avoid fatty and greasy foods. These are much more difficult to digest and may stay in your stomach longer, causing greater discomfort.
- Avoid gas-forming foods such as gassy vegetables (e.g. beans, broccoli, cauliflower), carbonated drinks and chewing gum.



DidYouKnow? ➡

Fiber became a household word in the 1970s when Dr. Denis Burkitt, a man nicknamed the Fiber Man, and his colleagues made “the fiber hypothesis,” which states that fiber can prevent certain diseases. Through their work in Africa, they discovered that diseases that were common in Western cultures were not common there. These included heart attacks, high blood pressure (cardiovascular diseases), obesity and diabetes.



Quick Tips for a Low-Fiber Diet

- Avoid any foods that make your symptoms worse.
- Cook vegetables to reduce the amount of gas they produce when you eat them.
- As your symptoms improve, bring a greater variety of foods back into your diet one at a time and in small amounts. This will help you to identify any foods that you cannot tolerate.

➡ DidYouKnow?

An intake of less than 10 grams of fiber per day is generally considered a Low Residue/ Low-Fiber Diet.

As you begin a Low-Fiber Diet, remember to eat several small meals a day instead of three large meals. Drink plenty of fluids – water, permitted fruit and vegetable juices, herbal teas – to avoid constipation.

Given the somewhat limited choices of foods in this diet, try to eat as many different types of low-fiber foods as you can, so that your body gets sufficient nutrients. You may need to take a multivitamin supplement if you are not getting the necessary nutrients from this diet.

Avoid any foods that make your symptoms worse – even if they are part of the Low-Fiber Diet. Individual tolerances for various foods vary, so listen to what your body tells you and stay away from foods that don't agree with you.

Low-Fiber Diet



Okay to Eat



Avoid

Vegetables
(canned or cooked)



Well-Cooked and Soft:

Asparagus, (young) beets and beet greens, carrots, eggplant, green beans, mushrooms, parsnips, potatoes without skin (white or sweet), pumpkin, spinach, squash (without seeds), zucchini

Other:

Tomato paste/sauce, vegetable juice

Avoid the following vegetables:

Bamboo shoots, bean sprouts, bok choy, broccoli, Brussel sprouts, cabbage, cauliflower, celery, coleslaw, corn, lettuce, lima beans, okra, onions, peas, peppers, sauerkraut, swiss chard, tomatoes

Do not eat any raw vegetables.

Fruits
(Remove skin and seeds)
(Remove membranes from fruits such as oranges and grapefruits)



Raw:

Apple, applesauce, apricots (very ripe), bananas, cantaloupe, grapefruit, honeydew, mangos, nectarines, papayas, pears, peaches, plums, watermelon

Canned:

Apricots, mandarin oranges, peaches, pears

Do not eat ANY fruits with skin, seeds or dried, especially:

Blackberries, blueberries, cherries, cranberries, fruit cocktail, grapes, kiwi, pineapple, raspberries, rhubarb, strawberries

Dried:

Apple, apricots, coconut, currants, dates, figs, prunes, raisins



Okay to Eat



Avoid

Breads and Cereals



Any baked goods made from refined flours (white flour):

Bagels, biscuits, bread, buns, crackers, croissants, muffins (apple, banana, chocolate or spice), pancakes, rolls, waffles

Low-fiber, cooked and prepared cereals such as:

Cheerios®, Corn Flakes®, Cream of Wheat®, Oatmeal, Plain Puffs®, Rice Krispies®, Special K®

Grains and Pasta (fresh or dried) :

Amaranth, barley, couscous, fettuccine, macaroni, millet, quinoa, spaghetti, white rice

Avoid coarse whole grain breads that contain fruit, nuts or seeds:

Barley, bran, breads and cereals made with whole grain, cornmeal, cracked wheat or pumpernickel flour

Breads, cereals and muffins containing: dried fruit, granola mix, nuts, seeds

Brown or wild rice, whole wheat pastas

Popcorn

Protein



Cooked lean meats (should be tender and soft, not chewy with gristle):

Beef, crab, eggs, fish, hummus (well-pureed), lamb, lobster (and other shell fish), peanut butter and other smooth nut butters, poultry, shrimp, smooth tofu

Avoid Beans: kidney, lima, navy

Peas: chickpeas, lentils, split peas

Do not eat processed meats with casings or skins like bologna, hot dogs, salami, sausage

Do not eat nuts, seeds or chunky peanut OR other nut butters



Okay to Eat



Avoid

Fats, Oils, Sauces and Condiments



Almond butter, barbecue sauce, butter, ketchup, mayonnaise, mustard, oils (coconut or olive), sesame butter (tahini), vinegar

Mild herbs and spices, smooth/seedless condiments, dressings, sauces

Do NOT eat very spicy foods and dressings.

Avoid chunky pickles and relishes.

Chocolate with fruit or nuts, chutney, hot peppers/sauce, marmalade with peel, olives, pickles

Dairy



Almond milk, coconut milk and rice milk

Cheese (hard)

Desserts such as: Fruit popsicles (made with recommended ingredients), puddings made with coconut milk, homemade or goat yogurt

Cheese with seeds, yogurt mixed with fruits with seeds, tough skins or membranes (blueberry, cherry, raspberry, strawberry)

Milkshakes made with berries, yogurt with berries or granola

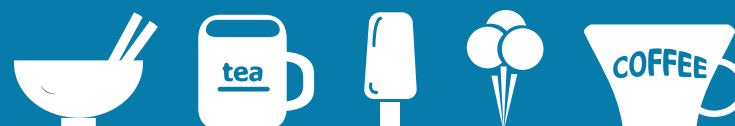


Quick Tips for a Minimal Fiber or Soft Diet

- This diet may be needed if your symptoms get worse, or occur more frequently.
- This diet has less residue than the Low-Fiber Diet. If you continue to have abdominal or stomach pain and intestinal cramping with this diet, you may need to work with your health care team to lower your residue intake even more.

The Minimal Fiber or Soft Diet requires you to avoid more foods than the Low-Fiber Diet, including ALL fruits and vegetables. (Some juices are allowed – see the Liquid Diet section on page 11). If you find that your symptoms are getting better, you can gradually begin switching to the Low-Fiber Diet. Below you will find suggestions on foods to consume while following a Minimal Fiber Diet.

Allowed Foods



Breads and Grains: white flour breads, plain noodles, white potato (no skin), white rice

Cereals: cream of rice, grits, strained oatmeal, quinoa

Dairy: none (although they do not contain fiber, it does add bulk to the stool)

Eggs: scrambled

Meats: lean only; no tough or fibrous meats; no poultry skins; fish

Liquids: rice, coconut or almond milk, bouillon, black coffee, clear broth, fruit-flavored drinks, strained fruit juice, tea, tomato juice, vegetable juice

Desserts: angel food cake, hard candy, flavored gelatin, jelly, popsicles, syrup

**Avoid all fruits and vegetables*



Quick Tips for a Liquid Diet

- You may need to follow this diet if you have severe symptoms with occasional vomiting after eating solid foods.
- This diet has little to no residue.
- Fluids are important for keeping your skin, eyes, and the lining of your mouth moist, and to prevent dehydration.
- Avoid all solid foods when on a liquid diet

If your symptoms are severe, you will need to avoid all solid food and maintain a strict liquid diet until your symptoms get better. (An all-liquid diet can be a poor source of nutrients. Consult your doctor about finding the right nutritional supplements for you).

Clear Liquids Allowed

- All fruit juices
- Fruit flavored drinks
- Jell-O®
- Popsicles (Fruit)
- Clear broth/ soups
- Bouillon/consomme
- Coffee/herbal tea

Full Liquids Allowed

- Almond, coconut or rice milk
- Homemade plain or flavored goat yogurt
- Ovaltine®
- Eggnog
- Fruit nectars
- V-8® juice, tomato juice
- Ensure®

Juicing Tips and Tricks



When choosing store-bought juices:

- Choose “100% juice”
- Look for “no added sugar” on the label
- Carbonated fruit drinks may be tolerated better after they go flat

Juicing Tips:

- Look for juicers that separate the pulp from the liquid. This way, you will avoid consuming the fruit or vegetable fiber.
- Drink your juice as soon as possible after juiced. It loses its nutritional value as time passes.
- Put some ice cubes in the blender with your juice to cool your drink quickly if you like.
- One pound of raw produce usually yields one cup (8 ounces) of juice.
- Don't just stick with one or two favorites, which limits the benefits you receive from juicing. Add new vegetables one at a time to give your body a chance to adjust. If your system cannot handle a certain raw vegetable, you will know which one to avoid.
- Let color be your guide. Greens, purples, reds, whites, yellows. Try to include a variety from each color group for maximum benefit.



Some experts say that juicing is better for you than eating whole fruits and vegetables because your body can absorb the nutrients better and it gives your digestive system a rest from breaking down fiber.

Juice vs. Smoothie

Smoothies are blended vegetables, with the occasional fruit added in. People often use a Vitamix® or other type of high-speed blender that will grind the vegetables and liquefy them, leaving a pulpy residue. Adding liquids like water makes the consistency more palatable and juice-like, while it is not required. Many people prefer adding fruit, which is beneficial for cleansing, to their smoothies. Usually, up to 1/4 of your smoothie can contain fruit. With more fruit than that, your smoothie becomes high in sugar and can create issues like yeast overgrowth.

Smoothies are easy to make. Toss the vegetables into your blender and turn it on. You retain the fiber of the vegetables and all of the nutrients, so you are not “wasting” any part of your pricey organic vegetables. Fiber is highly beneficial for the digestive tract, and most smoothie fans prefer them for this reason. Cleaning up after you’ve made your smoothie takes only a few minutes.

Juices are made by extracting the fiber from the vegetables; your choice of juicer will determine the level of nutrients the juice contains. A home blender (such as the Breville®) uses centrifugal blending to remove the juice from the pulp. It’s easy to use and clean. Centrifugal juices last a few hours and should be consumed immediately for freshness.



Pressed juices are made by using a Norwalk® brand juicer, a professional juicer that grinds the vegetables to a pulp and then presses the pulp to extract the juice. Pressed juice fans claim that the juice contains more nutrients and lasts longer. Pressed juices last much longer - up to three days under refrigeration.

Juices contain concentrated nutrition. More vegetables are needed to create the juice, and the nutrients enter your bloodstream quickly without the fiber of a smoothie to slow it down. Many people add a powdered supplement, like protein powder, to their liquid drinks in order to increase their nutritional value.

Transitioning to a Regular Diet

Processed foods include:

- Breads
- Breakfast cereals
- Canned foods
- Cakes, chips, cookies
- Corn chips and tortillas
- Dairy products
- Flour products, pasta, tortillas, etc.
- Frozen dinners
- Sodas, sugary drinks

Whole foods include:

- Fruits
- Nuts, seeds
- Vegetables
- Whole animal protein including: chicken, eggs, fish, lean red meat, turkey
- Whole grains such as brown rice, couscous, millet, quinoa

Gluten-Free Whole Grains

Many of our patients find gluten-free foods to be very beneficial to their diets. Eating a breakfast of whole grains in the mornings provides fuel throughout the day, regulates blood sugar and is a great beginning for many people. Try starting each day with one serving of these grains: amaranth, brown rice, millet or quinoa, mixed with olive oil, Himalayan salt and avocado. $\frac{1}{3}$ to $\frac{1}{2}$ cup of the grain is one serving.

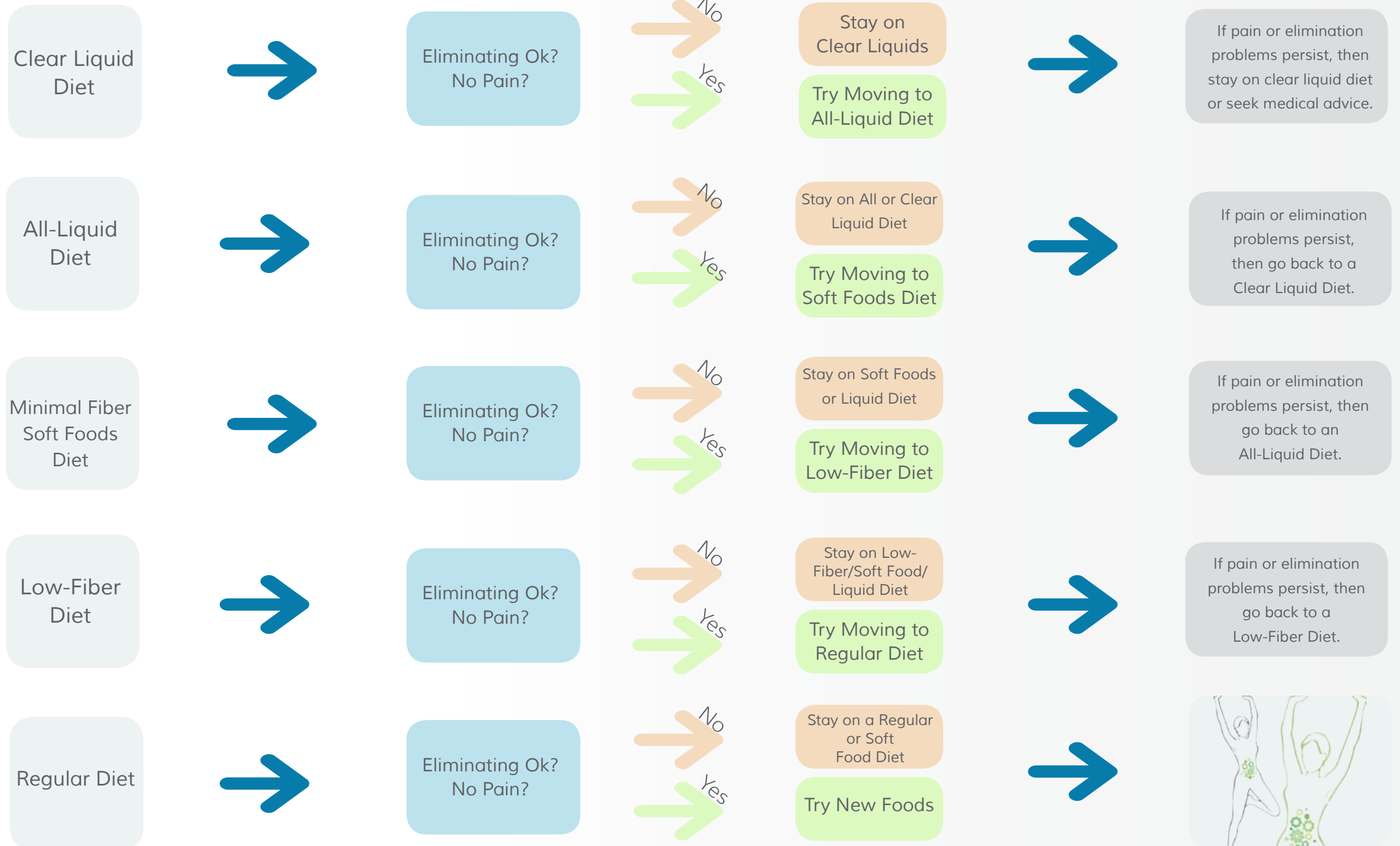
Leafy Green Vegetables

One of the most alkalizing foods available, it is well worth your investment in acquiring a taste for green leafy vegetables. Stir-fry greens well with a little olive oil and garlic.

Choose from the following: collard, dandelion, kale, mustard, sorrell, Swiss chard, spinach

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Artificial Sweeteners



- **Stevia:** Stevia is a natural sweetener derived from an herb with 300 times the natural sweetness of sugar. Unadulterated and green, Stevia is in its own class. It is also raw, organic, vegan and Kosher. If this sweetener suits your palate, we find it to be a better choice than Agave Nectar.

Avoid:

- Beverages or foods containing these artificial ingredients: Splenda®, NutraSweet®, aspartame, Sweet and Low®, sucralose, Sunett®, Sweet One®, Sugar Twin®, saccharin or Equal®.
- Chewing gum

Consider substituting artificial sweeteners with: Stevia, honey or maple syrup (use sparingly).

Consider substituting CHEWING GUM with: Wow Drops® (a peppermint oil-based mouth freshener)

Caffeine

Caffeine is a gastrointestinal (GI) irritant that can cause GI upset or diarrhea. Try to limit or omit these from your diet: coffee and decaffeinated coffee, iced tea, green tea and other teas containing caffeine, chocolate drinks, any energy drinks with caffeine or stimulants, and mate.

Produce

- **Frozen Vegetables.** Frozen vegetables can actually be more nutrient-rich than their fresh counterparts. Vegetables are frozen as soon as they are picked rather than being trucked many miles, then left to sit on store shelves. A good variety of organic frozen vegetables is essential for anyone who wants to make healthy and tasty meals in ten minutes (including preparation, cooking and cleanup).

Good frozen vegetables include: Asparagus, butternut squash, broccoli/cauliflower mix and chopped spinach. Chopped spinach lends a creamy, cheesy-like texture to the vegetables.

- **Avocado.** Men may eat up to 1 whole avocado per day; women may eat ½ avocado per day.
- **Beets and Bananas.** It is important to have both beets and bananas on hand for bowel elimination. Beets thin gall bladder bile while cleaning the liver and intestinal tract. Steamed and eaten in the evening, they will often insure healthy elimination the next morning. Conversely, bananas are helpful to slow elimination.



Many of these ingredients are available at your local organic store or online.

Flavorings

- **Coconut Secret Aminos Non-Soy Seasoning Sauce.** Straight from the sap of a coconut tree, blended with sun dried, mineral-rich sea salt and aged until it naturally ferments, this is a great product to have in your pantry. It contains 17 amino acids and up to 14 times the amino content of soy. Best of all, it lends a rich smoky flavor to your vegetables. Coconut Secret also makes an easily digestible vinegar.

Seasonings

You may use a variety of herbs and spices for cooking, as long as they are individual ingredients rather than premixed seasonings, which often contain gluten, nightshades or other ingredients you should avoid. Avoid curry or any other premixed seasoning that contains chili pepper or other nightshades (eggplant, mushrooms, peppers, potatoes or tomatoes) or citrus ingredients. Seasonings that are allowed:

- | | | | | | |
|-----------------|------------|-----------------|-----------------|--------------|------------|
| • Basil | • Chives | • Coriander | • Garlic flakes | • Nutmeg | • Saffron |
| • Bay leaf | • Cilantro | • Cumin | • Ginger | • Oregano | • Tarragon |
| • Black pepper | • Cinnamon | • Fennel | • Mint | • Parsley | • Thyme |
| • Brown mustard | • Cloves | • Garlic powder | • Mustard | • Peppermint | • Turmeric |

- **Himalayan Salt or Sea Salt.** These are great substitutes for traditional table salt. Most table salts have been reduced to two synthetic compounds - sodium and chloride - that can cause many health issues. Natural salt is a great source of minerals and may be used freely.
- **Organic Garlic Flakes.** These little flakes can add significant flavor.

Liquids

Please drink six to eight 8-oz. glasses of water each day. Plastic water bottles should be avoided, due to their carcinogenic properties.

- **Filtered Water.** It's always best to use a filtered water source like a Brita®, reverse osmosis process or carbon filtration method to produce clean, healthy water for your gut.
- **Bottled Water.** Mountain Valley Spring Water® has been bottled at the same natural spring source for 135 years in Arkansas. We believe it is the only bottled water source that does not have additives such as chlorine. Due to an FDA law, any bottled water that isn't bottled at the source must include chlorine and other chemical additives. Since Mountain Valley® bottles at the source, they are not required to include these additives. In addition, this is the only water that can be purchased in glass bottles. Although this is more expensive - \$14.40 per 5 gallons - it is worth the price to avoid the cancer-causing plastics of other bottled waters.
- **Coconut Water.** Coconut water is a natural electrolyte drink that will give you an instant boost when feeling any cleansing reactions. Drink this during or after workouts or when you experience headaches or fatigue. Due to the sugar content, limit your intake to 12 oz. per day and avoid drinking it at night.
- **Organic Coconut Milk.** A double press process removes some of the fat of typical coconut oil. This is a great substitute for oil in a veggie stir-fry. It is also great in herbal teas. It is free of preservatives, additives and derivatives contained in many other coconut milks. Make sure there is no guar gum in it.
- **Living Harvest Hemp Milk.** Unsweetened Original. Use it to replace milk or cream for your coffee, but use it sparingly since it is processed.

Oils



- **Refined Spectrum Organic Coconut Oil.** Unlike others, coconut oil is a very heat-stable oil, thus it's an ideal choice for cooking. If you are wanting a dish without a coconut flavor, use this flavorless coconut oil. A little of this oil goes a long way and it's excellent for stir-frying dishes. This oil doesn't contain the medicinal benefits of a raw coconut oil (see below) but it is ideal if you are looking for a healthy oil for cooking that doesn't taste like coconut.

- **Extra Virgin Coconut Oil.** A flavorful, healthy coconut oil is a “must-have” staple both for cooking and consuming raw foods in order to optimize health. Coconut oil is ideal for cooking because of its stability. Non-hydrogenated coconut oil contains “good” fat - 50% lauric acid. It is composed mostly of medium chain fatty acids. The body metabolizes these efficiently and converts them into energy, rather than storing

them as fat. This oil tastes like coconut and can accentuate that flavor. Many of the benefits of coconut oil are lost in the cooking process, but consuming raw coconut oil can maximize its medicinal benefits. Some of these benefits include increasing your metabolism, assisting thyroid function and building the immune system.

- **A High Quality Olive Oil.** A good-quality olive oil is well worth the investment. It will taste like butter on your basmati rice or quinoa breakfast. Use it freely on basmati rice and gluten-free whole grains like quinoa, along with Himalayan salt for a real treat. A small artisanal brand, Bariani® Olive Oil, is one of our favorites. Please look for a high quality cold-pressed extra virgin olive oil.

Vinegars

Olive oil and vinegar-based salad dressings:

- **Balsamic Vinegar.** Balsamic vinegar can be a good option for some. However, it contains sulfites, which can be a problem for others. Avoid malt and red wine vinegars since they are often derived from corn or gluten and contain preservatives. Please choose high-quality balsamic vinegar.
- **Braggs Apple Cider Vinegar®.** This also makes a great base for dressings and can be found at most grocery stores.
- **Wilderness Family Naturals Coconut Vinegar.** This vinegar is made from the sap of a coconut tree, otherwise known as tuba. It is delicious and can be used to make wonderful dressings. It may be purchased online. If you are sensitive to Balsamic or Braggs Apple Cider Vinegar®, this coconut vinegar is a great alternative.



Approved Vegetables (Cooked or Raw)

If you do well eating the vegetables mentioned on previous pages, you can try adding some of these back into your diet, one at a time. Eat as many of the following vegetables as you would like, with emphasis on any seasonally fresh local vegetables.

- Arugula
- Beans, beets
- Bok choy
- Broccoli
- Broccoli rabe
- Brussel sprouts
- Burdock root
- Carrots
- Cauliflower
- Celery
- Chard
- Chicory, chives
- Cucumbers
- Daikon radish
- Endive (Belgian and curly)
- Greens
- Green beans
- Kohlrabi
- Lambs quarters
- Leeks
- Lettuce (Bibb, Boston, butter, loose leaf, mesclun, romaine)
- Parsley
- Peas
- Radicchio
- Radishes
- Sorrel
- Spinach
- Sprouts (Alfalfa and clover)
- Squash
- Snow peas
- Sweet potatoes or Yams (avoid at dinner as it is a heavier starch)
- Swiss chard
- Watercress



Approved Fruits

Fruit can be eaten first thing in the morning. Because fruit sugar is digested so quickly it is best to eat fruit on an empty stomach. Fruit should be eaten alone, at least 10 minutes before eating another food. Purchase organic fruit whenever possible. All berries should be organic due to the many chemicals sprayed on them and retained in their skins.

- Apples
- Apricots
- Bananas: Eat only if trying to slow digestion; it's important to have on hand for that purpose
- Blackberries (Organic)
- Blueberries (Organic)
- Cherries
- Cranberries (Organic)
- Elderberries (Organic)
- Grapes
- Guava
- Huckleberries
- Kiwi Fruit
- Peaches (Organic)
- Pears
- Plums
- Pomegranate
- Raspberries (Organic)
- Watermelon





Stool Softeners

Stool softeners are used on a short-term basis to relieve constipation by people who should avoid straining during bowel movements because of heart conditions, hemorrhoids and other problems. They soften stools, making them easier to pass.



Stool softeners can be taken in the form of a capsule, tablet, liquid or syrup.

Common Brands*

- Colace®
- Correctol Soft Gels®
- Magnesium citrate or magnesium oxide
- Diocto®
- Ex-Lax Stool Softener®
- Phillips' Liqui-Gels®
- Surfak®

*Do not take stool softeners that contain a stimulant.

The Dos and Don'ts of Stool Softeners

DO take stool softeners exactly as directed. **DON'T** take more or less of it. **DON'T** take it more often than prescribed by your doctor. **DO** take capsules and tablets with a full glass of water. The liquid comes with a specially marked dropper for measuring the dose. **DO** mix the liquid (not the syrup) with 4 ounces (120 milliliters) of water or fruit juice to mask its bitter taste. **DON'T** take stool softeners for more than one week unless your doctor instructs you to do so.

Take stool softeners exactly as directed, following the directions on the package or your prescription label. Contact your doctor immediately if you develop a skin rash (hives), difficulty breathing or swallowing, fever, vomiting or stomach pain.

- For constipation, increase fat intake (colon motility is increased by fat).
- Probiotics
- Warm water in the morning, drunk slowly, stimulates gastrocolic reflex/colon.

Tips on Avoiding Bloating

Belly bloat is uncomfortable and unsightly. Thankfully its causes are no mystery, and you can take steps to avoid it. If excess air is not relieved by belching or passing gas, you get bloating. You may be surprised to find out that our bodies do not produce gas on their own. There are two basic sources of gas:

- **Swallowed air.** This includes air from carbonated beverages and usually leads to belching.
- **Bacteria.** The gas that creates flatulence is made by bacteria; these live normally and healthfully in our colons and convert undigested sugars into gas.

If bloating is particularly frustrating, you may be tempted to avoid otherwise healthy fiber entirely. This is not a bad idea for your overall health, says Dr. Stephen Hanauer, professor of medicine and chief of the section of gastroenterology and nutrition at the University of Chicago Medical Center. “If you avoid fiber, what’s going to happen is that you’re going to get more constipated,” he says. Instead, if you have tried all these suggestions and you still can’t identify the cause of bloating, you may need to talk to an expert. “It’s helpful to meet with a dietitian to identify the simple carbohydrates that patients are not recognizing,” he explains.

Bloating or Sensitivity?

For a small number of people, the problem may not be actual gas but their perception of gas. “When we measure the actual amount of gas in the intestine of people who complain of bloating, it’s no different than other people,” says Hanauer. “What’s happening is they feel it more.” If you suspect that sensitivity to gas is your problem, you may want to meet with a gastroenterologist to find out how you can manage this heightened sense of discomfort. Beating the bloat is within your reach, as long as you understand what is causing it.

Cutting Down on Bloating

Watch what you eat and drink. How you eat or drink can cause the gas and discomfort you want to avoid. Here are the essential steps to avoiding bloating:

- **Look out for raffinose.** This is a sugar found in broccoli and beans. We can't absorb or digest it, but our healthy bacteria love to turn it into gas. "There is an enzyme that can break down this sugar, but it's not highly effective," notes Dr. Hanauer. We have found that taking Beano® before eating these foods can be helpful.
- **Respect lactose intolerance.** We have found that chewing either Gas-Ex or Beano before eating these foods can be helpful. You may want to find alternatives to the dairy products that are causing you discomfort. However, yogurt is usually well tolerated.
- **Avoid simple carbohydrates and sugars.** This includes sweets such as candy and cookies.
- **Eat slowly.** Eating quickly can lead to swallowing air, which causes bloating and gas.
- **Don't use a straw.** With each sip, air is swallowed and creates the same problem as eating quickly.
- **Avoid carbonated beverages.** The bubbles in these drinks are gases.
- **Cut back on artificial sweeteners.** For some people, these may contribute to gas and bloating. Check the labels of foods labeled sugar-free — ingredients called "sugar alcohols" such as xylitol can be a particular problem.
- **Go low- or no-fructose.** Fructose is a natural sugar that is found in fruits, honey and some vegetables. Foods with higher levels of fructose may create more bloating for some people. High-fructose corn syrup, an ingredient found in many processed foods and sweetened beverages, is also a likely contributor to discomfort for some.
- **Take notes.** Bloating is a highly individual response. While there are some likely culprits, you should take careful note of the foods, drinks and situations that seem to give rise to your discomfort.
- **Activated charcoal capsules (absorbs gas).** Up to every 2-3 hours. (can cause constipation and darkened stool)
- **Gas-X (breaks bubbles).** Follow label dosing.
- **Antispasmodics.** Peppermint tea, kava kava, Black Cohosh

Food Preparation and Cooking Tips



Bake, broil or poach meats, and use mild seasonings. Suggestions for preparing meats include stews, roasts, meatloaf, casseroles, sandwiches and soups.



Avoid skins, seeds and stalks. Keep fruits and vegetables to a maximum of two portions a day.



Scramble, poach or boil eggs. You can make omelets, soufflés, custard, puddings and casseroles, using ingredients previously noted.



Try to spread vegetables throughout the day. If you have recently had a bowel obstruction, you may initially need to avoid all vegetables. Contact your dietitian if you are unsure.

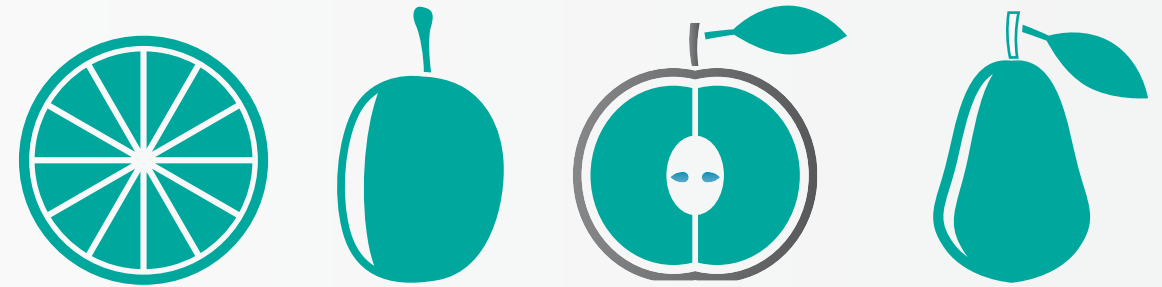


When you are in the mood to cook, prepare food in advance, and store it in portions.



To help decrease gas production: avoid chewing gum, allow carbonated beverages to go flat before drinking, and avoid using a straw.

A Few Juicing Recipes



Orange Carrot

8 Large Fresh Cleaned Carrots
2 Large Fresh Peeled Oranges

Using electric juice extractor, press carrots and oranges.
Whisk to combine.

Sunset Cocktail

2 apples, cored
1 medium beet
1 orange, peeled
3 carrots

Juice together in the order listed.

Carrot-Apple-Beet Juice

1 small apple, cored
4 carrots
 $\frac{1}{2}$ medium young beet, cut into wedges

Scrub the produce well. Juice the apple first, then alternate juicing the carrots and the beet. Serve chilled or over ice.



Green Juice Recipe and Blending Method

The following recipe creates an extremely alkalizing, nourishing green juice using a blender and strainer. This juice is much richer and significantly more nourishing than commercially prepared juices made in juice bars or restaurants.

Tips for successfully blending vegetables:

- Begin with the most watery vegetables first.
- Dice or shred ingredients into small pieces prior to blending.
- Blend each vegetable one by one as outlined below.
- If the blender isn't grabbing or blending, turn it off and stir.
- Create a slurry mixture with initial watery produce and stir in each ingredient prior to blending.

Green Juice

Ingredients

1 medium organic cucumber
2 large organic kale leaves
 $\frac{1}{3}$ head organic parsley
1 cup filtered water or Coconut Water
You may also add 1 carrot if you desire a sweeter final product

Materials

1 strainer
Container with a spout

Yields one 16-ounce batch of juice. Double the recipe for 2 servings

Recipe directions on following page.



Green Juice: Directions

Wash all produce. Dice cucumber and place into empty blender with 2 tablespoons water. Blend cucumber until liquefied. If blender is struggling, stop and stir cucumber to ensure it isn't stuck in the blades.

Repeat this same process with the kale and parsley. Add each in small quantities and stir into the slurry mixture so that the blender doesn't become overwhelmed. When all produce is liquefied, move blender over sink, and place a large mouth container with a spout into the sink. Hold the strainer over the container. Pour 1/3 of the blender mixture into the strainer. Set blender aside.

Using a spoon or your hands, squeeze the liquid out of the strainer into the container. When the liquid is removed and the pulp feels dry, empty the pulp into the garbage. Repeat this process 2 more times until the liquid is completely strained.

Gluten-Free Grains and Cooking Instructions

Ideally, grains should be soaked overnight prior to cooking. This will reduce the cooking time and aid in digestion. Start the soaking the night before, so the grains will soak at least 7 to 8 hours. After the soaking time has passed, strain the grains and discard the soaking water. You can then begin the cooking process outlined below.

All of the grains are easily kept for 2 days in the refrigerator, therefore you can make enough for 2 days worth of breakfast. Be sure to leave out the olive oil until ready to eat. Store the left-over grains in a glass or ceramic container with a lid or plastic wrap. You can either remove from the refrigerator about an hour before you will eat to enjoy at room temperature, or you can place the grain in a saucepan with 1 teaspoon of water drizzled over the top. Place over low heat until the grain is heated through. Top with extra virgin olive oil and Himalayan sea salt to taste.



Quinoa

Quinoa does not need to be soaked but must be rinsed before cooking. Make sure you use a colander with a very fine mesh so you don't lose any of the grains. Rinse under cold water until the water runs clear. Drain well.

Combine your optimal serving size of quinoa in a small pot (use a pot that has a tight-fitting lid) with twice as much water (for 1/3 cup of quinoa, add 2/3 cup of water, for 1/2 cup of quinoa, add 1 cup of water). Bring the mixture to a boil, then lower the temperature on your stove and simmer, covered, for about 15 minutes, or until the quinoa is tender, but still chewy and a white spiral-like thread appears around each grain. For a nuttier flavor, the quinoa can be toasted in a dry skillet for a few minutes before cooking. Stir continuously while toasting, so you do not burn the grain. When the quinoa is cooked, fluff with a fork.

Amaranth

Rinse amaranth well in a fine mesh strainer. Combine your optimal serving size of amaranth with three times as much water (for 1/3 cup of amaranth, use 1 cup of water, for 1/2 cup of amaranth, use 1 1/2 cups of water) in a small pot. Bring to a boil, cover and simmer for 25 minutes. Amaranth can also be enjoyed with hemp milk and stevia for more of a breakfast cereal-type meal.

Millet

Rinse millet well in a fine mesh strainer. Your ratio for millet is 2 1/2 times the amount of water to your serving size of millet (for 1/3 cup of millet, use 7/8 cup of water, for 1/2 cup of millet, use 1 1/4 cups of water). Bring water to a boil in a small pot with a tight-fitting lid. Add the millet, stir, lower heat to simmer, cover and cook for 25 minutes. For a nuttier flavor, the millet can be toasted in a dry skillet for a few minutes before cooking. Stir continuously while toasting, so you do not burn the grain. When the millet is cooked, fluff with a fork.



Brown Rice

Cooking brown rice, or at least cooking it well, is tricky. The goal is to soften the texture of each grain's fibrous bran coating - a process that takes longer than that called for when cooking white rice - without causing the rice to become mushy. Unfortunately, the labels on most packaged brown rice recommend an ineffective method that suggests boiling water and rice in a two-to-one ratio, then allowing the mixture to simmer for 40 minutes or more, until all the liquid is absorbed. We followed those directions and ended up throwing away more than a few pots of unsatisfying rice. What we ultimately found is that brown rice looks and tastes the best when it has been boiled and drained like pasta and then is steamed in the small amount of moisture that remains in the pot. The boiling cooks the rice, while the subsequent steaming allows the grains to retain their integrity and come out light and fluffy.

Directions

1 cup short, medium or long-grain brown rice

Kosher salt, to taste

1. Rinse rice in a strainer under cold running water for 30 seconds. Bring 12 cups water to a boil in a large pot with a tight-fitting lid over high heat. Add the rice, stir it once and boil, uncovered, for 30 minutes. Pour the rice into a strainer over the sink.
2. Let the rice drain for 10 seconds, then return it to the pot, off the heat. Cover the pot and set it aside to allow the rice to steam for 10 minutes. Uncover the rice, fluff with a fork and season with salt.

Yields 2 cups.



Your health is important but food should not be a punishment, and sticking to your diet is easy when you plan ahead. A Low-Fiber Diet does not have to mean sacrificing taste and enjoyment. Here are some of our favorite recipes that are tasty and will help you stay on track.

Rice Flour Pancakes

Ingredients

- 1 cup rice flour
- 1 tbs sugar
- 2 tsp baking powder
- ½ tsp salt
- 1 cup rice or soy milk
- 1 egg, lightly beaten
- 2 tsp olive oil or vegetable oil
- 1 cup maple syrup



Directions

Sift the rice flour, sugar, baking powder and salt together in a bowl. Beat in the rice milk or soy milk until the mixture has a smooth consistency. Add the beaten egg and olive oil or vegetable oil and mix until just blended.

Heat a non-stick griddle to 375 degrees or until it is hot enough that drops of water splashed on the griddle bounce and sizzle. Lightly oil the pan. Ladle the pancake mixture onto the griddle to form 4 inch cakes.

Turn the cakes once the bottom has browned and bubbles appear on the top. Cook the cakes for an additional two minutes. Serve the pancakes with warmed maple syrup.

Recipe yields 12 pancakes and serves 4.

Souffle Omelette

Ingredients

2 eggs, separated
1 tsp of water
Salt and pepper
¼ oz low-fat spread or butter
Grated low-fat cheese optional



Directions

Preheat a grill until moderately hot and gently heat an omelette pan.

Whisk the egg whites until they stand in soft peaks.

Whisk the egg yolks with the cold water until pale and creamy and season.

Fold in the egg whites. Melt the low fat spread in the omelette pan, pour in the omelette mixture and level the top.

Cook without moving until the bottom is set and golden, for about 2-3 minutes. Sprinkle with cheese, if using, and place under the grill for approximately ½ minute, until cheese begins to melt. Fold in half and slide onto a plate. Serve immediately.

Healthy New England Clam Chowder

Ingredients

4 tbs olive oil
½ cup flour
3 cups clam broth
2 cups rice milk
2-6.5 oz. cans chopped clams
¼ tsp white pepper
1 tbs chopped parsley
1 tsp thyme
1 bay leaf
4 cups potatoes, 1" cubes



Directions

In a large pot, add the flour to the olive oil. Blend to incorporate thoroughly. Add the clam broth and the rice milk and whisk the mixture until it is smooth.

Add the chopped clams, white pepper, parsley, thyme and bay leaf to the soup. Bring the soup to a boil, cover and reduce the heat to a simmer. Continue cooking the soup for 45 minutes.

After the soup has cooked for 45 minutes, add the diced potatoes and simmer for an additional 15 minutes, or until the potatoes are soft when pierced with a fork. Remove the soup from the heat and serve.

Recipe serves 6.

Moroccan Chicken Skewers

Ingredients

1 tsp sweet paprika
1 tsp cumin
½ tsp ground ginger
½ tsp ground cinnamon
½ tsp ground coriander
½ tsp ground fennel
Himalayan salt and pepper to taste

1 tbsp olive oil
Juice of ½ lime
2 organic chicken breasts, cut into 1 inch cubes
1 tbsp fresh chopped mint
1 tbsp fresh chopped cilantro
1 tbsp fresh chopped Italian parsley

Directions

Combine all of the dried spices, salt and pepper in a small bowl. Place the chicken cubes in a medium bowl and drizzle with olive oil and lime, toss to coat. Add the spice mixture, toss to coat each piece evenly. Cover and marinate in the refrigerator for at least 15-30 minutes. If you have an hour to spare, even better. After marinating, thread the chicken onto either wooden or metal skewers. If you are using wooden skewers, soak them in water for 20- 30 minutes to be sure they don't scorch (and if you really want to plan ahead, soak the whole package and wrap in foil, and freeze for future use.) Preheat a grill pan over high heat and cook the kabobs, turning once until the chicken is cooked through, about 10 minutes. Remove from the grill, sprinkle with chopped herbs and another dash of real salt. Don't have a grill pan? Your broiler will work here, as well. Preheat the broiler. Line a baking sheet with foil and broil the skewers for 4-5 minutes on each side, depending on how hot your broiler is and how large you cut the chicken. Check frequently to prevent over-cooking.

Serving suggestions:

- These kebabs are delicious in a pita wrap with fresh spinach and a smear of hummus.
- Serve the chicken over quinoa or tabbouleh for a satisfying lunch.
- Use the same marinade for a selection of your favorite vegetables to make vegetable kebabs.

Healthy Lime Sherbet

Ingredients

2 small limes or 1 large one
1 avocado
1 cup ice
1 packet stevia (you can also use ¼ cup raw agave or coconut nectar)

Directions

Blend in Vitamix® or high-speed blender that will chop ice. Serve immediately. The variations are endless, so have fun with it. Then freeze.

Pink Grapefruit Sorbet

Ingredients

1 ½ cups sugar
1 ¼ cups water
1 tbs grated grapefruit zest
1 ¼ cups freshly squeezed pink grapefruit juice
¼ cup lemon juice
1 egg white

Directions

Combine sugar, grapefruit zest and water in a medium sauce pan and bring to a boil. Remove from the heat when the sugar has dissolved. Add the pink grapefruit juice and lemon juice.

Transfer sorbet mix to a storage container and refrigerate for six hours. Add lightly beaten egg white to mixture and combine thoroughly.

Freeze sorbet mixture in an ice cream maker according to manufacturer's instructions. Place sorbet in a sealed container and place in the freezer for 2 hours before serving.

Recipe serves 6.





Sample Menu

Breakfast

- 1 banana and ½ cup quinoa/ brown rice/ oatmeal, or
- Scrambled eggs and 1 piece of toast

Light meal

- Sandwich made with white bread and meat/cheese filling, or
- Creamy chicken, tomato or vegetable soup with allowed vegetables, or
- Omelette with cheese and sauteed mushrooms, or
- Sushi

Main Meal

- Seafood, chicken or lean beef and ½ cup grain with steamed greens or other allowed vegetables

Dessert

- Lime sherbet (homemade)

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