Smoothies for IBS

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Can Those With IBS Drink Smoothies?

Strawberries and blackberries may trigger the colon of those with IBS. Other foods may have the same effect on the colon. So how does one get in healthy fruits and vegetables into the diet without causing an IBS attack?

You can do it with healing smoothies. The main key for this home treatment for IBS is to create smoothies with the foods that don't upset your colon. For example, if strawberries and blackberries upset you and cause diarrhea but blueberries and raspberries don't, make a list and put the blueberries and raspberries on it. Just don't think that all foods are going to act as if they are strawberries in your colon! They won't.

Progress Slowly with Your Smoothies

It's the same thing with other fruits and vegetables. Which ones are ones that your body likes? Start with a smoothie that is made from these ingredients. Here are some examples of ingredient lists that might appeal to your taste buds and your body:

1. Yogurt, coconut cream concentrate, apricots.
2. Cantaloupe, spinach, parsley, kefir milk.
3. Protein powder, peach, Swiss chard.
4. Protein powder, avocado, nectarine, kale.
5. Yogurt, coconut, blueberries, chia seeds
6. Kefir milk, kale, spinach, plums

You can see from these sample ingredient lists that there are only three to four ingredients. This is the best way to start making smoothies when you have IBS. Once you get clearance from your body that these four ingredients are safe, you can then add one more ingredient to the list. Taking this list, let's now see what else could be added to the basic smoothies:

1. Yogurt, coconut cream concentrate, apricots, Swiss chard, parsley.
2. Cantaloupe, spinach, parsley, kefir milk, liquid chlorophyll.
3. Protein powder, peach, Swiss chard, spirulina, green powder mix.
4. Protein powder, avocado, nectarine, kale, apple, liquid chlorophyll.
5. Yogurt, coconut, blueberries, chia seeds, apple, Swiss chard.
6. Kefir milk, kale, spinach, plums, apple, green powder mix.

Your green powder mix is one that has worked for you in the past. If you haven't tried any green powder mixtures, start with one of the basic ingredients – alfalfa, dehydrated wheatgrass powder or barley green powder. Use one of these in your smoothie mix (using one of the combinations that already works for you). Then later you can add the next ingredient and the next until you get to the point where you know you are safe with four of five of the ingredients. Then add the whole mix and see if your body likes it.

Digestive health recovery is often a matter of babying the intestinal tract until it stays healthy for an entire day, then two days, then three days, then a week, then a month and can be achieved through this home treatment for IBS. Before you know it, your intestines will recover on their own. Provide the basic foodstuffs for them to heal and then get out of the way of your own healing.