

## ***IBD REMISSION DIET – SHORT SHEET***

### **Add to each shake (open capsules and add contents):**

- Coenzyme Q10 (30 mg capsules)
- Pycnogenol (30 - 50 mg capsules) or Grapeseed if you prefer
- Vitamin C in mineral ascorbate (calcium ascorbate, magnesium ascorbate etc.) powder form (500 – 1000 mg) – do NOT add if having more than 5 bowel movements per day.
- Mixed Bioflavonoids (each capsule containing approx. 50 mg each of Rutin, Quercetin, Hesperidin)
- Udo's Choice Oil or cold-pressed organic flax oil, 1 tbsp. Keep refrigerated.
- Natren probiotic powders; Megadophilus, Bifido Factor, Digesta-Lac and Life Start (if needed). Keep refrigerated. Hand-mix into each shake. Work up to dosage of 1/2 tsp. of each powder, 3x/day, more is great if you have the tolerance and can afford it.

### **Add to juice, water, shakes, or jello:**

- Bone Support, 1 – 2 tbsp. per day
- Minerals of Life Trace Minerals – 1 tbsp. per day

### **Between shakes on empty stomach (can all be taken together):**

- George's Roadrunner Aloe Vera Juice, 1/4 cup
- MucosaHeal, 3 capsules mixed in aloe vera, water or diluted juice
- Wild oregano oil, 5 – 10 drops
- L-glutamine (if needed to stop diarrhea), 1 - 2 tsp.

### **Last thing before bed on empty stomach:**

- Natren probiotic powders; Megadophilus, Bifido Factor, Digesta-Lac and Life Start (if needed). Keep refrigerated. Must be taken 2 hours away from any food or substance. Work up to dosage of 1 tsp. of each powder

### **Optional Supplements (purchase if needed):**

- Multi-Vitamin, FissureHeal, HemorrHeal, Angstrom Iron with Vitamin C (1 – 2 tsp.) or Ferrasorb Iron (by Thorne Research, 25 mg capsules) - if anemic