

## INDEX

- abdominal pain
  - healthy eating adjustments for, 84–85
  - pain medication and, 155–56, 178, 183, 184
  - See also* pain
- abuse
  - physical, 13, 157
  - substance, 177–78
- acid, 28
  - antireflux diet for, 87–88, 100, 107–10
  - benefits of, 29
  - See also* heartburn
- Africans, lactose intolerance in, 112
- age, of irritable bowel onset, 8–9
- agoraphobia, 176
- air swallowing, 30, 86–87
- alcohol, 110–11
  - abuse of, 177–78
  - CAGE Questionnaire, 178
  - heartburn and, 109–10
- antidepressants, 155–56
- antireflux diet
  - description of, 107–10
  - indications for, 87
  - vitamin supplements for, 100
- antispasm drugs, 156
- anxiety, 23, 169
  - disorders, 176–77
  - reassurance and, 173
  - somatic preoccupation and, 171
  - See also* psychological factors
- apple body shape, 62–63
- applesauce
  - in Grainy Gingerbread Cake, 191
  - in Oat and Wheat Bran Muffins with Fruit, 195
  - to reduce fat in recipes, 189
- Asians
  - lactose intolerance in, 112
  - waist circumference guidelines for, 63
- assertiveness, 141, 142
- broken record technique, 142–43
- fogging technique, 143–47
- bacteria, probiotics, 41
- beans, 49, 53, 55
- behavior. *See* lifestyle; psychological factors
- beta carotene, 99
- bile salts, 32–33
- black-and-white thinking, 139
- bloating
  - air swallowing and, 30, 86–87
  - healthy eating adjustments for, 84
  - low gassy foods diet for, 95–101

- bloating (*continued*)
  - meal size and, 183
  - skipping meals and, 67
  - snacks and, 57
  - See also* gas
- blood in stool, 7, 183
- Blueberry Whole-Wheat Pancakes, 198
- body mass index (BMI), 62
- body relaxation, 130, 171, 172
  - deep breathing for, 130–32, 134–36
  - deep muscle relaxation, 132–36
  - imagery for, 136
  - matching symptoms to methods of, 147–48
  - pain management and, 152, 154
  - See also* relaxation techniques
- body shape, 62–63
- body vigilance, 171, 172
- bone health, 113
- bowel disease, 5, 16, 149–50
- brain, 39–40
- bran, 189
  - fiber in, 93–94
  - oat, 90
  - Oat and Wheat Bran Muffins with Fruit, 195
  - Pumpkin Bran Muffins, 196
  - Wheat Bran Muffins with Fruit and Oat, 195
- breathing exercise, 130–32, 134–36
- broken record technique, of
  - assertiveness, 142–43
- bulking agents, 93, 94
- burping, 30
- caffeine
  - in cola, 71
  - content in selected beverages, 104
  - low-caffeine diet, 101–4
  - as trigger food, 68, 70
- CAGE Questionnaire, 178
- calcium, 113–14
- calories
  - discretionary, 56
  - requirements for, 63
- Canada, 100
- cancer, fear of, 180
- carbohydrates
  - digestion of, 31
  - fiber in, 33
- carotenoids, 99
- Cascara sagrada, 184
- catastrophizing, 137, 139, 171, 172
- cereals, 93, 94
- change, 159–62
  - barriers to, 166–68
  - goals for, 163–66
  - readiness for, 162
- chocolate
  - heartburn and, 109–10
  - in High-Fiber Chocolate Muffins, 197
- cholesterol, 90
- chronic functional abdominal
  - pain, 13, 157
- citrus fruits, 109
- clinical depression, 174. *See also* depression
- coffee, 70
  - caffeine content in, 104
  - decaffeinated, 102
  - heartburn and, 109
  - reducing intake, 102–3

- See also* caffeine  
 cognitive restructuring, 137, 171, 172  
 cola, 71, 103, 104. *See also* caffeine  
 colitis, mucous colitis vs., 6  
 colon, 33–35. *See also* intestines  
 color, of stool, 183  
 constipation  
   fiber for, 66, 71–73, 77, 84, 88  
   healthy eating adjustments for, 84, 85  
   liquid absorption by colon, 34  
   water for, 66, 71–73, 77  
 Crohn's disease, 149–50  
 cultural factors, 9  
   calcium and, 113  
   folate and, 100  
   lactose intolerance and, 112  
   waist circumference and, 63  
  
 daily hassles, stress and, 123  
 dairy  
   fat in, 105, 106  
   lactose intolerance, 111–13  
   milk allergy, 113  
   milk in coffee, 103  
   MyPyramid Food Guidance System, 49, 54–55  
   portion sizes for, 55  
 decaffeinated coffee, 102  
 deep breathing, 130–32, 134–36  
 deep muscle relaxation, 132–36  
 depression, 174–76  
   antidepressants for, 155–56  
   clinical, 174  
   self-assessment for, 174–75  
 diagnosis, of irritable bowel, 6–8, 15, 43  
  
*See also* medical management;  
   self-assessment; symptoms  
 diaries  
   for stress management, 124–27  
   of symptoms, diet, 21–25, 77–82, 125, 157, 185–88  
 diarrhea  
   bile salts and, 32–33  
   colon, liquid absorption and, 34  
   fecal incontinence and, 9, 118  
   fiber and, 86  
   healthy eating adjustments for, 84, 85–86  
   infection and, 40–41  
   questions to ask doctors about, 181–84  
   sugar and, 71  
 diet, 22, 45–46  
   antireflux, 87–88, 100, 107–10  
   changes to, 159–68  
   eating out and, 58–60  
   eating patterns and, 65–68  
   exclusion, 86  
   food allergies, 41–42  
   food and symptom diary for, 77–82, 125, 157, 185–88  
   high-fiber, 84, 85, 88, 89–95 (*see also* fiber)  
   lifestyle and, 47  
   low-caffeine, 101–4  
   low-fat, 104–6  
   low gassy foods, 85, 95–101  
   low-spice, 86, 106–7  
   matching symptoms to, 83–89  
   MyPyramid Food Guidance System, 47–57  
   snacks, 57–58

- diet (*continued*)  
 symptom-provoking foods and,  
 65–66, 68–70  
 water in, 66, 71–73, 77, 82  
 weight loss and, 60–64  
*See also* digestive tract
- Dietary Guidelines for Americans,  
 47  
 on fat, 104  
 on vegetables, 53  
*See also* MyPyramid Food Guide-  
 ance System
- dietitians, 45
- digestive tract, 27  
 esophagus, 28, 30  
 intestine, 30–34  
 nerve connections of, 35–36,  
 39–40  
 stomach, 28–30  
 stress and, 116–18  
 timing of, 35, 181–83
- discretionary calories, 56
- doctors, 179–81  
 sample dialogues with, 181–84  
 somatic preoccupation and,  
 171–73
- duodenum, 31
- eating out, 58–60, 68
- eggs, 189
- electrolytes, 31
- emotional eating, 160–61. *See also*  
 overeating
- esophagus, 28, 30, 110
- exclusion diet, 86
- exercise, 50, 51, 61
- fast food, 67, 73–74
- fasting state, 35
- fat  
 absorption, 182  
 digestion of, 30, 31  
 heartburn and, 109  
 intake recommendations, 50,  
 104–5  
 oils, 49, 55–56  
 olestra and, 71  
 reducing, in recipes, 189  
*See also* diet
- fatigue, 8, 18
- fecal incontinence  
 fear of, 118  
 treatments for, 9
- fiber, 85, 88  
 in bran, 93–94  
 digestion and, 33, 35  
 food and symptom record for,  
 82  
 high-fiber diet, 84, 85, 88, 89–95  
 intake recommendations, 71–73,  
 89, 91  
 recommendations for, 77  
 soluble vs. insoluble, 89–90  
 very-high-fiber cereal, 94  
 weight loss and, 64  
 whole grain products and, 51, 72,  
 90
- fibromyalgia, 8, 18–19
- fight-or-flight response, 117, 181  
*See also* stress
- floating, of stool, 183
- flour, 189. *See also* individual  
 recipes
- fogging technique, of assertiveness,  
 143–47
- folate, 99–100

- food diary, 21–25, 77–82, 125, 157, 185–88
- food labels, 93
- foods, 22
- allergies to, 41–42, 75–77, 113
  - fatty, 30
  - fiber content of, 96–97
  - gas-forming, 98–99
  - for high-fiber diet, 92
  - preparation techniques, 59–60
  - trigger foods, 68–71, 73–77, 101, 108–9
- See also* diet; digestive tract
- fructose, 70
- fruits
- applesauce in recipes, 189, 191
  - Blueberry Whole-Wheat Pancakes, 198
  - citrus, 109
  - low gassy foods diet and, 98–99
  - MyPyramid Food Guidance System, 49, 54
  - Oat and Wheat Bran Muffins with Fruit, 195
- gallbladder, 32–33
- gas, 32
- burping, 30
  - cola and, 103
  - gas-forming foods, 98–99
  - healthy eating adjustments for, 84, 86–87
  - low gassy foods diet for, 95–101
  - reflux and, 110
  - skipping meals and, 67
  - snacks and, 57
  - weight loss and, 63–64
- gender. *See* men; women
- generalized anxiety disorder, 177
- goal setting, 163–66
- grains, 49–52. *See also* recipes; whole grains
- Grainy Gingerbread Cake, 191
- gut
- defined, 27
  - hypersensitivity of, 38–39
  - stress and, 116–18
- See also* digestive tract
- harm, hurt vs., 150–51
- heartburn, 18
- antireflux diet for, 87–88, 100, 107–10
  - causes of, 8, 28
  - healthy eating adjustments for, 84
- herbal tea, 103
- High-Fiber Chocolate Muffins, 197
- high-fiber diet, 84, 85, 88, 89–95
- hypersensitivity, irritable bowel and, 38–39
- hypochondriasis, 171
- ileum, 32
- imagery, for relaxation, 136
- incontinence. *See* fecal incontinence
- India, 9
- infection, 40–41
- inflammatory bowel disease (IBD), 149–50
- defined, 5
  - pain from, 16, 149–50
- inheritability of irritable bowel, 38
- intestines
- anatomy of, 30–34
  - sensitivity of, 9–10

- intimidation, doctors and, 180
- Irish Soda Bread, 192
- iron, 29
- irritable bowel
- causes of, 37–43
  - diagnosing, 6–8, 15, 43
  - living with, 185–88
  - pain medications for, 155–56, 178, 183, 184
  - patient profile of, 8–9
  - postinfectious, 40–41
  - small intestine problems in, 32–33
  - top ten tips for, 186
  - See also* diet; medical management; pain
- irritable bowel syndrome (IBS), defined, 5
- juice
- diarrhea and, 103
  - heartburn and, 109
- junk food, 67–68, 74–75
- lactose intolerance, 54, 111–13
- large intestine, 33
- laxatives, 184. *See also* bulking agents
- legumes, 53. *See also* beans
- letter writing exercise, 185
- life events stress, 123
- lifestyle, 82
- diet and, 47
  - eating patterns and, 65–68
  - making changes to, 159–68
  - weight loss and, 61
- low-caffeine diet, 101–4
- lower esophageal sphincter (LES), 28, 30, 108
- low-fat diet, 104–6
- low gassy foods diet, 85, 95–101
- low-spice diet, 86, 106–7
- “magical claims,” of products, 63
- magnifying/minimizing, stress and, 140
- meals
- eating too quickly, 67, 73, 86–87
  - skipping, 67, 74
  - timing of, 69, 110
- meat
- fat in, 105
  - Pyramid Food Guidance System, 49, 55
- medical management, 1, 9, 10
- doctors, 179–84
  - somatic preoccupation and, 171–73
- medication
- “all-natural” products for, 184
  - for pain, 155–56, 178
  - stool color and, 183
- men
- alcohol use by, 177–78
  - calorie requirements for, 63
  - irritable bowel in, 9
  - oil allowance for, 56
- menstrual cycle, 18–19
- Metamucil, 92, 94
- Metric Conversion Chart, 190
- micelles, 31
- migraine headaches, 8
- milk
- allergy to, 113
  - in coffee, 103

- fat in, 105, 106
- lactose intolerance, 111–13
- MyPyramid Food Guidance System, 49, 54–55
- portion sizes for dairy products, 55
- mind, relaxation of, 137
  - assertiveness and, 142–47
  - matching methods to symptoms, 147–48
  - pain management and, 152–54
  - problem solving and, 141–42
  - self-monitoring and, 137–39
  - time management and, 141, 142
  - See also* relaxation techniques
- minerals
  - digestion of, 29, 31
  - supplements, 100–101
- motility, 37, 87
- motivation, to change behavior, 160–61, 164
- mucous colitis, 6
- mucus, 182
- muffins
  - High-Fiber Chocolate, 197
  - Oat and Wheat Bran, with Fruit, 195
  - Pumpkin Bran, 196
- muscle relaxation, 132–36
- MyPyramid Food Guidance System, 47–48
  - concepts of, 48–50
  - exercise and, 50, 51
  - fruits, 49, 54
  - grains, 49, 50, 51–52
  - illustration, 49
  - meat and beans group, 49, 55
  - milk group, 49, 54–55
  - oils, 49, 55–56
  - vegetables, 49, 52–54
  - See also* diet
- Nan's Cookies, 194
- narcotic painkillers, 155, 178
- natural bran, 93–94
- nerve connections of digestive tract, 35–36, 39–40
- nighttime eating, 110
- nutrition. *See* diet; digestive tract; MyPyramid Food Guidance System
- Oat and Wheat Bran Muffins with Fruit, 195
- oatmeal/oat bran, 90
- obesity, 60–64, 160. *See also* weight loss
- obsessive-compulsive disorder, 177
- oils, 49, 55–56
- Olean (olestra), 71
- osteoporosis, 113
- overeating, 68, 75, 160–61
- overweight, 60–64, 160. *See also* weight loss
- pain, 15–16
  - abdominal, 13, 84–85, 155–57, 178
  - chronic functional abdominal pain, 13, 157
  - hurt vs. harm, 150–51
  - management of, 151–56
  - medication for, 155–56, 178, 183, 184

- pain (*continued*)  
 other sources of, 156–57  
 pain cycle, 153  
 perception of, 39, 152, 170  
 during sexual intercourse, 8  
 social support and, 149–50  
*See also* medical management;  
 symptoms
- pancreatic secretions, 31
- panic, 176–77
- pasta, 189  
 with Tomato and Feta, 200  
 Vegetarian Lasagna, 199
- peppermint, heartburn and,  
 109–10
- peristaltic movements, 37
- personalizing, stress and, 140
- phobias, 176–77
- physical abuse, pain from, 13,  
 157
- physical activity. *See* exercise
- physicians. *See* doctors
- portion size, 50, 74  
 fiber content and, 96–97  
 for fruits, 54  
 for grains, 52  
 for meat and beans, 55  
 for milk products, 55  
 for oils, 56  
 for vegetables, 54
- posttraumatic stress disorder, 177
- pregnancy, folate and, 99–100
- probiotics, 41
- problem solving, 141–42
- Prodiem, 92, 93. *See also* bulking  
 agents
- proteins, digestion of, 31. *See also*  
 diet
- psychological factors, 9–10, 169  
 abuse, chronic functional abdom-  
 inal pain and, 13, 157  
 behavioral change and, 152, 154,  
 159–68  
 eating and stress, 82  
 psychopathology, 169, 174–78  
 somatic preoccupation, 169–73  
 worry, 23, 169, 171, 173, 176–77  
*See also* brain
- pumpkin  
 added to recipes, 189  
 Pumpkin Bran Muffins, 196
- pylorus, 30–31
- questions, for doctors, 180–84
- recipes, 189  
 Blueberry Whole-Wheat Pan-  
 cakes, 198  
 Grainy Gingerbread Cake, 191  
 High-Fiber Chocolate Muffins,  
 197  
 Irish Soda Bread, 192  
 metric conversion chart for, 190  
 Nan's Cookies, 194  
 Oat and Wheat Bran Muffins  
 with Fruit, 195  
 Pasta with Tomato and Feta, 200  
 Pumpkin Bran Muffins, 196  
 Vegetarian Lasagna, 199  
 Whole Wheat Pizza Crust, 193
- rectum, 34
- reflux, 87, 107–10. *See also* antire-  
 flux diet
- relaxation techniques, 129–30, 137,  
 170  
 assertiveness and, 141, 142–47

- deep breathing, 130–32, 134–36
- deep muscle, 132–36
- imagery, 136
- matching method to symptoms, 147–48
- for pain management, 151–56
- problem solving and, 141–42
- self-monitoring and, 137–39
- time management and, 141, 142
- See also* psychological factors; stress
- research
  - on hypersensitivity, 39
  - on postinfectious irritable bowel, 40–41
  - symptoms as warning, 42–43, 119
- restaurants, 58–60, 68
- saturated fat, 104, 105
- selective attention, stress and, 140
- self-assessment, 2–4
  - CAGE Questionnaire, 178
  - for change, 162
  - checklist of symptoms, 19–20
  - for depression, 174–75
  - diary, of symptoms, 21–25
  - food and symptom record, 77–82
  - goal setting and, 163–66
  - letter exercise, 185
  - questionnaire, 11–13
  - Stress Test (for stress), 118–23
  - See also* diaries
- self-monitoring
  - for pain management, 153–54
  - for stress, 117–18, 123–24, 137–39
  - See also* diaries; self-assessment
- Senna, 184
- sexual abuse, pain from, 13, 157
- sexual intercourse, pain during, 8
- sleep, 7, 39
- small intestine
  - irritable bowel problems, 32–33
  - See also* intestines
- social support, 123, 149–50
- solid fat, 56, 104. *See also* fat
- somatic preoccupation, 169–72
  - cognitive restructuring for, 172
  - medical management of, 172–73
  - reducing body stress for, 172
- somatization disorder, 171
- sorbitol, 71
- sphincter, 28
- spice
  - heartburn and, 109–10
  - low-spice diet, 86, 106–7
- starchy foods, 51, 57
- stomach, 28–30. *See also* acid; heartburn
- stool
  - blood in, 7, 183
  - bowel movement patterns, 16–17, 34, 35, 181–83
  - characteristics of, 183
  - See also* digestive tract; irritable bowel
- stress, 21, 22, 115–18
  - catastrophizing and, 137, 139, 171, 172
  - diary for, 124–27
  - digestive tract affected by, 116–18
  - management of, 129–30 (*see also* relaxation techniques)
  - overeating and, 68, 82
  - self-assessment for, 118–23

- stress (*continued*)
- self-monitoring for, 123–24
  - somatic preoccupation and, 169–73
  - stress-symptoms associations, 124
  - stress test, 120
  - types of, 116, 123, 177
  - See also* psychological factors
- stress-symptoms associations, 124
- sugar
- lactose and, 111–13
  - as trigger food, 70–71
- sweating, 181
- symptoms, 1, 6–7, 15
- alcohol and, 110–11
  - antireflux diet for, 87–88, 100, 107–10
  - calcium and, 113–14
  - checklist of, 19–20
  - describing to doctor, 151
  - diary of, 21–25, 77–82, 125, 157, 185–88
  - eating out and, 59
  - fatigue, 18
  - fibromyalgia, 18–19
  - heartburn, 18
  - high-fiber diet for, 84, 85, 88, 89–95
  - lactose and, 111–13
  - low-caffeine diet for, 101–4
  - low-fat diet for, 104–6
  - low gassy foods diet for, 85, 95–101
  - low-spice diet for, 86, 106–7
  - matching eating adjustments to, 83–89
  - menstrual cycle and, 18–19
  - stool patterns, 16–17
  - of stress, 117, 124
  - trigger foods and, 68–70, 73–77
  - unrelated to irritable bowel, 7–8
  - urinary problems, 18
  - as warning, 42–43, 119
  - See also* diagnosis, of irritable bowel; pain
- syndrome, defined, 5
- tea
- caffeine content in, 104
  - herbal, 103
- tests, 15
- time management, 141, 142
- timing
- of digestion, 35, 181–83
  - eating too quickly, 67, 73, 86–87
  - of meals, 69, 110
- tomatoes, 109
- tomato sauce, 59
- trans fats, 56, 104. *See also* fat
- treatment. *See* medical management
- trigger foods, 68–70
- heartburn and, 108–9
  - hidden ingredients as, 70–71
  - minimizing effects of, 73–77
  - occasional consumption of, 101
- urinary problems, 7, 18
- vegetables
- low gassy foods diet and, 98–99
  - MyPyramid Food Guidance System, 49, 52–54
  - restaurant preparation of, 59–60
  - Vegetarian Lasagna, 199

- visible fat, 106. *See also* fat
- vitamins
  - A, 99
  - B<sub>12</sub>, 29
  - D, 114
  - digestion of, 29, 31
  - low gassy foods diet and, 99
  - multivitamins, 100–101
- waist circumference, 62–63
- water
  - food and symptom record for, 82
  - in high-fiber diet, 91–92, 94–95
- weight loss
  - change and, 160
  - diet and, 60–64
  - skipping meals and, 74
- wheat bran, 90
- Wheat Bran Muffins with Fruit and Oat, 195
- whole grains
  - fiber in, 51, 72, 90
  - MyPyramid Food Guidance System, 49–52
  - whole wheat listed in food labels, 93
  - See also* grains; recipes
- Whole Wheat Pancakes, with Blueberry, 198
- Whole Wheat Pizza Crust, 193
- women
  - alcohol use by, 177–78
  - calorie requirements for, 63
  - irritable bowel in, 9
  - menstrual cycle, 18–19
  - oil allowance for, 56
- worry, 23, 169
  - anxiety disorders, 176–77
  - reassurance and, 173
  - somatic preoccupation and, 171
  - See also* psychological factors





