

MY IBS JOURNEY-SO FAR: A ROADMAP (WITH ROAD SIGNS ALONG THE WAY)



IBS/D CHANGES TO IBS/C

1. VISITS TO LOCAL DOCTORS LOTS OF TESTS 1988-89

2. DIAGNOSIS OF IBS & PEPTIC ULCER 1988

3. 1 YEAR SPENT VISITING A CHIROPRACTOR

4. ELIMINATION DIET GIVEN BY A HOLISTIC DOCTOR

5. INCLUDING LOTS MORE ICKY TESTS... VISITS TO FAR-FLUNG DOCTORS DOING IBS RESEARCH 1990-1992 INCLUDING TRIPS AND FLYING

OMG! - THIS IS ALL GUESSWORK THEY KNOW NOTHING

A) DR. MARVIN SCHUSTER JOHN'S HOPKINS, MD

B) DR. ARNOLD WALD PITTSBURGH, PA

C) DR. MINER KANSAS CITY, MO

I DON'T EAT BEFORE I GO ANYWHERE

DANGER! SOCIAL ANXIETY MOUNTING

6. MANY VISITS TO AN "ALTERNATIVE" CHIROPRACTOR WHO USED MAGNETS AND "APPLIED KINESIOLOGY"

7. 1 YEAR OF MASSAGE & CIRCULAR MASSAGE & THERAPY

10. FIBER SUPPLEMENTS FIRST THEY HELPED THEN, NOT

11. BENTYL LEVINSIN DON'T HELP

8. OF MANY VISITS TO MANY NUTRITIONISTS

9. MANY VISITS TO DR. COHN, WHO HAD A COLONECTAL SURGEON, WHO HAD A "NEURAL STIMULATION" MACHINE SUPPOSED TO HELP A SPASTIC PUSPORETALIS MUSCLE - PLUS OTHER THEORETICAL CURES THAT DIDN'T WORK

12. 2002 TRIAL OF RIFAXIMIN - ANTI-BIOTIC AS PER BOOK BY DR. PIMENTEL

I START SKIPPING LUNCH

SOLITARY LIFE HAS ARRIVED

STILL SEARCHING DOING THIS VERY THERAPEUTIC!

19. PHYSICAL THERAPY NERVE FLOOR THERAPY PYSOFUNCTIONAL 2012 5 DAYS ON AMITIZA

18. AND YET ANOTHER NUTRITIONIST - THIS TIME TO TRY GLUTEN-FREE

CIPAO SEEMS TO HELP BUT I'M WORRYING ABOUT TESTS

20. STILL SEARCHING DOING THIS VERY THERAPEUTIC!

16. 3 MONTHS WITH MICHAEL MAHONEY IBS HYPNOSIS TAPES

14. IT'S OFFICIAL: MY LIFE IS RULED BY IBS

FODMAP DIET DOES NOT WORK FOR ME

15. VISIT TO UNC - 2009 TO VISIT DR. DROSSMAN * BLOG COMING DEVOTED TO THIS VISIT

TEMPTED TO DO CRAZY EXPENSIVE BLOOD TESTING

EVERYTHING I TRY MAKES ME WORSE

MY IBS ROADMAP KEY:

- DESPERATE CRAZY DETOUR
- WELL-THOUGHT-OUT PLAN (RESEARCHED)
- RECOMMENDED (ADVICE)

Doody Diaries My Comical Ibs Journey

Jenna Volpe



Doody Diaries My Comical Ibs Journey:

This Is A Journey Not A Race Rose Greham,2019-12-27 This IBS Tracker is perfect to help keep on top of your daily food intake whilst giving you the ability to record any reactions or symptoms to certain types of foods This book is intended to be a simple yet effective tool for those suffering from IBS Crohn s CELIAC and Other Digestive Disorders to help tackle eating goals and dealing with possible subsequent issues There are 90 pages specifically designed for you to record food and drinks for breakfast lunch and dinner plus sufficient space to record reactions stress levels stools symptoms intolerances and daily water intake Plus an extra 20 pages with usage information and charts to record medications and appointments So you have everything to hand and in one place when you need to visit your doctor and a valuable resource for information It is perfect for those who suffers discomfort caused by food or drink intolerances and who just wants to get on top of their of abdominal pain constipation headaches fatigue or any symptom that can be attributed to a poor diet Keeping an IBS daily food journal diary is the perfect way to feel more empowered and enable you to deal more positively with your digestive issues As well as keep a physical record of your food intake and how it affects you or triggers intolerances About this Food Diary Tracker Guidelines for Using Trackers 90 Day Diary and Planner for tracking your IBS diet Symptoms Reactions Stress Trackers Track meals and fluid intake Medication Schedule Medical Appointments Record 6 x 9 easily transportable perfect size for all 110 pages If you are in need of improving your digestive and overall health This could be the answer you have been looking for Thoughtful gift for a friend co worker or family member for birthdays holidays and Christmas presents

Chronically Me Joy Spencer,2014 While on her honeymoon Joy Spencer was taken ill with a violent gastrointestinal episode Her symptoms persisted long after she returned home and she was eventually diagnosed with Irritable Bowel Syndrome IBS Chronically Me Flushing Out My Life and Times With IBS A Memoir in Comics is the story of a woman struggling to live her life and find a cure or at least some relief from this chronic and decades long illness Spencer puts this chronicle of her life with IBS in focus the best way she knows how with cartoons Through her wry look at clueless friends and relatives at doctors with no answers and at treatments with no cures Spencer hopes that others going through similar circumstances will find some recognition and a little laughter This honest and funny memoir provides comic relief and comfort for anyone experiencing the frustrations of IBS or other chronic illnesses *Let's Start The Journey Today* Rose Greham,2020 This IBS Tracker is perfect to help keep on top of your daily food intake whilst giving you the ability to record any reactions or symptoms to certain types of foods This book is intended to be a simple yet effective tool for those suffering from IBS Crohn s CELIAC and Other Digestive Disorders to help tackle eating goals and dealing with possible subsequent issues There are 90 pages specifically designed for you to record food and drinks for breakfast lunch and dinner plus sufficient space to record reactions stress levels stools symptoms intolerances and daily water intake Plus an extra 20 pages with usage information and charts to record medications and appointments So you have everything to hand and in one place

when you need to visit your doctor and a valuable resource for information It is perfect for those who suffers discomfort caused by food or drink intolerances and who just wants to get on top of their of abdominal pain constipation headaches fatigue or any symptom that can be attributed to a poor diet Keeping an IBS daily food journal diary is the perfect way to feel more empowered and enable you to deal more positively with your digestive issues As well as keep a physical record of your food intake and how it affects you or triggers intolerances About this Food Diary Tracker Guidelines for Using Trackers 90 Day Diary and Planner for tracking your IBS diet Symptoms Reactions Stress Trackers Track meals and fluid intake Medication Schedule Medical Appointments Record 8 x 10 easily transportable perfect size for all 110 pages If you are in need of improving your digestive and overall health This could be the answer you have been looking for Thoughtful gift for a friend co worker or family member for birthdays holidays and Christmas presents My Personal Logbook Medical Help,2019-08-10 YOUR PRIVATE DIARY JOURNAL WITH MANY DAILY QUESTIONS Hope is the last to die Maybe this book can help you to manage your life Irritable bowel syndrome IBS is a group of symptoms including abdominal pain and changes in the pattern of bowel movements without any evidence of underlying damage These symptoms occur over a long time often years It has been classified into four main types depending on whether diarrhea is common constipation is common both are common or neither occurs very often IBS D IBS C IBS M or IBS U respectively IBS negatively affects quality of life and may result in missed school or work Disorders such as anxiety major depression and chronic fatigue syndrome are common among people with IBS The book has soft covers and is perfect bound so pages will not fallout The great 8 5 x 11 Format means there is enough space for your notes Huge 8 5 x 11 Format 120 Pages Activities Pain Level and notes for your own wishes thoughts White Paper with tables for encouragement and accomplishments Perfect new Bound so Pages will not fall out Fantastic Unique Colored Ribbon Awareness Cover My Diary Sarah Hope,2019-07-10 MY PRIVATE DIARY There is a German proverb which says Hope is the last to die Maybe this book can help you Irritable bowel syndrome IBS is a group of symptoms including abdominal pain and changes in the pattern of bowel movements without any evidence of underlying damage These symptoms occur over a long time often years It has been classified into four main types depending on whether diarrhea is common constipation is common both are common or neither occurs very often IBS D IBS C IBS M or IBS U respectively IBS negatively affects quality of life and may result in missed school or work Disorders such as anxiety major depression and chronic fatigue syndrome are common among people with IBS The Cover comes with a looped ribbon that represents support for the patient or survivor The journal has soft covers and is perfect bound so pages will not fallout The great 8 5 x 11 Format means there is enough space for your notes Huge 8 5 x 11 Format Like DIN A4 120 Pages for your own wishes notes thoughts White Paper with lined Pages Perfect new Bound so Pages will not fall out Fantastic Unique Colored Ribbon Awareness Cover **The IBS Food Diary** Jenna Volpe,2022-11-09 This IBS food diary was desigend and crafted by a registered dietitian who specializes in digestive health after having gone on her own IBS healing journey The intention

behind this IBS food diary is to complement and enhance your 1 1 meetings with your treatment team and to help you to navigate the complex modern day food and healthcare systems and supermarkets with more ease and clarity In addition to containing 90 days of food symptom logs this food diary allows you to track other non food lifestyle factors which often play a role in your IBS This food diary also shares expert level strategies on how to get the most out of your food diary as well as space for weekly notes and reflections and inspirational quotes that will motivate IBS warriors to keep going even on the toughest of days As an added bonus the author has included a glossary of clinical terms and resources for you to take further steps on your IBS healing journey Investing in this IBS food diary will be one of the best and most feasible investments you ve ever made for bettering your health **Low Fodmap Food Diary** Quick Start Guides,2016-12-20 If you are ready to change your life for the better and beat your IBS or digestive disorder then this specially designed food diary is for you By completing this easy to use daily food diary you can track and record the essential information including foods symptoms reactions and stress levels to help you identify the triggers for your IBS or digestive problem This comprehensive food diary is a great way of clarifying what foods are causing you a problem enabling you to avoid potential problem foods and putting you in control This handy diary provides you with 3 months of daily food diary pages plus a section at the rear for you to complete your personal Doody Diaries ,

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