

FIGHTING IBS

WITH
GREENS



By: Regina Faustine

HOW THIS YOUNG WOMAN LEARNED TO MANAGE IBS BY GOING VEGAN

Chloe, 26 year-old illustrator had resigned herself to living with the uncomfortable side effects of Irritable Bowel Syndrome (IBS). “I really didn’t have a way of managing it,” she says, “I always used to think ‘well this is my life now’”. She lived with this condition for most of her life, not having any reliable way to tame flare ups. Eventually, she told herself; “You are what you eat. And everything I eat makes me feel like garbage”. For the next five months, Chloe transitioned into a healthier lifestyle. She began with pescatarianism; a person who does not eat meat, but does eat fish. Within those five months, she continued the trend through vegetarianism, then finally settling into veganism.

In the beginning, she thought veganism “was just some weird food cult where you only ate salads”. To her delight, through thorough research, she learned the truth about going vegan. Not only was she happier with her healthier lifestyle, but Chloe was thrilled to learn that her choices were contributing to a safer and kinder world for animals. “Animal cruelty in the food and make up industries is what kept me vegan for the long haul,” Chloe admitted.

The healthy transition has significantly reduced her IBS, and she tells me “it’s comforting to know that my IBS is not being caused by the food I’m eating”. She noticed the difference immediately after cutting meat out of her diet, and received several recommendations to

try free-range meat instead of cutting it out. At that point, however, she found eating meat to be too expensive and unethical. “No one wants to die”.

Chloe’s IBS only flares up under high-stress situations now. When this happens, she has a special probiotic drink called Kombucha that helps restore healthy gut bacteria to keep your stomach in tip-top shape.

Chloe loves YouTube channels and blogs to get her vegan recipes. Her two favorites are *Hot for Food* YouTube channel and *Minimalist Baker* blog for simple, delicious vegan recipes.

GOING VEGAN AS EASY AS...

While Chloe is glad that she took the time to transition into her new diet properly, staying well informed, she also wishes that she had made the switch sooner. She is now “more mindful of the welfare of animals as well as the welfare of others”. She has always been compassionate, but feels going vegan has opened her up even more.

Switching isn't as easy as just deciding not to eat meat and moving forward. This decision comes with research, but is well worth looking into. Chloe says “don't get me wrong, fruits and vegetables are very important, but so is protein and grains.” Most people are unaware of meat alternatives available

in grocery stores. There are many mock meats and cheeses that make the switch easier. Instead of trying to do a week or month ‘vegan challenge’, people can spend a little extra time learning about alternate protein sources in order to avoid giving up due to not eating enough or not eating enough of the right food. Being aware of these substitute meats and cheeses help make staying vegan long-term more achievable.

Overall, the options available for healthier alternatives to everyday foods, even soda, are abundant. If you can spend a little time finding the substitutes, making the switch to

Not only has going vegan helped Chloe manage her IBS and feel more compassionate toward living things, she also confides that the transition has helped with her depression. “Since I've been putting healthier things into my body, in return my overall mental health has improved.” Finally getting the proper nutrients her body needs has lessened the blow, even if it hasn't cured it outright.

No matter where the spark to change your diet comes from, the benefits range across the board. Your body and mind will thank you for becoming more mindful of what you consume.

