

Acc(u)Life

IBS / CROHN'S

If you have Irritable Bowel Syndrome (IBS) or Crohn's Disease, for the first two weeks of Phase 1, on your Vegetable Days you should have only cooked vegetables. Raw vegetables are too fibrous for your digestive system at this time and will aggravate your condition.

We strongly recommend you take psyllium husk daily to aid the normal digestive process and to hydrate the digestive system. Psyllium husk should be taken in capsule form 3000mg-4000mg 1x day with at least 12 oz of water.

After two weeks, if you would like to slowly introduce raw vegetables into your diet, e.g., a salad, do so slowly and cautiously. If you show signs of indigestion, your body is not yet ready to digest the raw vegetables. If you show no signs or symptoms, your body is starting to adapt, and you may begin to incorporate raw vegetables as part of your Vegetable Day menus.

As with all supplements, if you are on medication you should consult with your physician before beginning use.

NOTE: ACC(U)LIFE IS NOT A MEDICAL PRACTICE AND DOES NOT PROVIDE MEDICAL TREATMENT. PLEASE SEE YOUR OWN PHYSICIAN FOR MEDICAL ADVICE.

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