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# Diarrhea

# TCM tips for healing IBS-D

Your IBS diarrhea could happen a few ways: urgent diarrhea immediately after eating, urgent diarrhea first thing in the morning, urgent diarrhea with anxiety, non-urgent but watery stool multiple times a day, diarrhea with undigested food. And it could come with bloating, pain, sweating, and especially exhaustion.

No matter how you experience your IBS-D, here are some TCM tips to help you start healing your gut so you can stop anxiously hiding at home and start living your life again.

Happy gut-healing!

Wendy

## Tip #1: Proper nutrition

When you have chronic diarrhea, your digestive system is very weak. It's very important to follow the TCM golden rule of thumb and eat warm, cooked, simple meals in order to allow your body to process and retain nutrients so it can start to repair itself.

### *How to get started*

Eating warm, cooked, simple meals. Watch for a mini-recipe guide in your inbox soon!

And for more information on what to eat and what not to, watch the YouTube episodes ***IBS Foods To Eat*** and ***IBS Trigger Foods***.

These foods may also help soothe your diarrhea-prone gut:

- Barley
- Sticky Rice
- Blackberries
- Button mushrooms

## Tip #2: Manage Your Anxiety

Anxiety triggers IBS diarrhea and your diarrhea causes you even more anxiety. Stop the vicious cycle by learning tools to help you effectively manage your anxiety long term.

### *How to get started*

Start a daily meditation practice. Guided meditation works well to help calm your overthinking brain and over time, can lower your overall threshold for stress.

Watch for a free download from my *Guided Meditation For Active Minds* in your inbox soon!

## Tip #3: Take Regular Rest

When you have chronic diarrhea, your body is losing nutrients faster than it's absorbing it and depleting your energy right along with it. Take regular rest before you crash in order to conserve your energy for healing.

### *How to get started*

Take one afternoon entirely to yourself on the weekend where you can nap, or actually do nothing. Don't be tempted to fill your time with chores, just allow your body to stop, drop and rest.