

Charles R. Beeson, CHt.
 Hypnotherapy
 19500 Pruneridge Ave, Suite 4103
 Cupertino, California 95014
 Tel (408) 366-0707 Fax (408) 716-2645
www.instacalm.com, cbeeson@instacalm.com

Irritable Bowel Syndrome Daily Symptom Tracking

Please rate your symptoms daily on a scale of 0-10. 0=no symptom. 10= sends you to the emergency room. Bring this with you to your next session.

Date	Diarrhea	Constipation	Pain	Gas	Bloating	Stool Consistency	Played CD

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SIMPLE STEPS TO REGULARITY

- ✓ Eat regular meals and chew food thoroughly and slowly.
- ✓ Drink plenty of fluids: Water, soups, fruit and vegetable juices
- ✓ Exercise daily
- ✓ Try to immediately respond to the urge to move your bowels. Delay may cause constipation.
- ✓ Avoid straining when going to the bathroom to reduce irritation or hemorrhoids.
- ✓ Add soluble fiber to your diet to increase bulk in colon. High fiber foods include leafy green vegetables, whole grains, beans, legumes, and fresh or dried fruits.