The IC/ Endo/ IBS Diet? Strategies for Individualized Nutrition for Patients with Pelvic Pain

Jessica Drummond, MPT, CCN, CHC

The Integrative Pelvic Health Institute

APTA CSM 2015 Indianapolis
Course Goal

• Physical therapists often use survey data and food diaries as the main tools for identifying which foods tend to exacerbate pelvic pain.

• Are there better strategies for coming up with an *individualized nutrition program* for pelvic pain patients based on functional nutrition theories?

• How can we shift the focus to nourishment (mind-body-spirit) as medicine for healing vs. food deprivation?
Course Outline

• Discussion of survey data of irritating foods in interstitial cystitis patients.

• Discussion of underlying cause mechanism theories.
  • Intestinal (and bladder lining?) permeability
  • Organ cross talk and co-morbidities
  • Hormonal imbalances
  • Neural up-regulation
Objectives

• Let go of lists of irritants!

• Understand why certain foods can be exacerbating your patient’s symptoms.

• Shift the focus to nourishing foods (and thoughts about food) that heal!
Generalizations of Diet by Diagnosis

• The low oxalate diet for IC.

• The low FODMAPs Diet for IBS

• Various books on Amazon on Endometriosis Diets.

• As physical therapists, it’s important to understand WHY certain foods for each patient.

• Our goal: quality patient (and public) nutrition education.
IC/PBS Example
Based on a Survey of 104 Patients Who Met The Criteria for IC

- 90.2% of subjects indicated that consuming certain foods or beverages made their symptoms worse.
- The most bothersome foods: coffee, tea, soda, alcoholic beverages, citrus fruits and juices, artificial sweeteners, and hot pepper.

<table>
<thead>
<tr>
<th>Most Bothersome:</th>
<th>Least Bothersome:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coffee/ Tea</td>
<td>Water</td>
</tr>
<tr>
<td>Soda</td>
<td>Milk</td>
</tr>
<tr>
<td>Alcoholic beverages</td>
<td>Fruits (non-citrus)</td>
</tr>
<tr>
<td>Citrus</td>
<td>Vegetables</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Animal proteins</td>
</tr>
<tr>
<td>Spicy Foods</td>
<td>Bland carbohydrates</td>
</tr>
<tr>
<td>Sweeteners</td>
<td></td>
</tr>
</tbody>
</table>

### Table 1. Foods IC Patients Claim as Most and Least Bothersome

<table>
<thead>
<tr>
<th>Foods Identified as Most Bothersome to IC Patients</th>
<th>Foods Identified as Least Bothersome to IC Patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coffee (caffeinated)</td>
<td>Water</td>
</tr>
<tr>
<td>Coffee (decaffeinated)</td>
<td>Milk, low-fat</td>
</tr>
<tr>
<td>Tea (caffeinated)</td>
<td>Milk, whole</td>
</tr>
<tr>
<td>Cola soda</td>
<td>BANANAS</td>
</tr>
<tr>
<td>Noncola soda</td>
<td>Blueberries</td>
</tr>
<tr>
<td>Diet soda</td>
<td>Honeydew melon</td>
</tr>
<tr>
<td>Caffeine-free soda</td>
<td>Beer</td>
</tr>
<tr>
<td></td>
<td>Red wine</td>
</tr>
<tr>
<td></td>
<td>White wine</td>
</tr>
<tr>
<td></td>
<td>Champagne</td>
</tr>
<tr>
<td></td>
<td>Grapefruit</td>
</tr>
<tr>
<td></td>
<td>Lemons</td>
</tr>
<tr>
<td></td>
<td>Oranges</td>
</tr>
<tr>
<td></td>
<td>Pineapple</td>
</tr>
<tr>
<td></td>
<td>Cranberry juice</td>
</tr>
<tr>
<td></td>
<td>Grapefruit juice</td>
</tr>
<tr>
<td></td>
<td>Orange juice</td>
</tr>
<tr>
<td></td>
<td>Pineapple juice</td>
</tr>
<tr>
<td></td>
<td>Tomato</td>
</tr>
<tr>
<td></td>
<td>Tomato products</td>
</tr>
<tr>
<td></td>
<td>Hot peppers</td>
</tr>
<tr>
<td></td>
<td>Spicy foods</td>
</tr>
<tr>
<td></td>
<td>Chili</td>
</tr>
<tr>
<td></td>
<td>Horseradish</td>
</tr>
<tr>
<td></td>
<td>Vinegar</td>
</tr>
<tr>
<td></td>
<td>Monosodium glutamate</td>
</tr>
<tr>
<td></td>
<td>NutraSweet</td>
</tr>
<tr>
<td></td>
<td>Sweet and Low</td>
</tr>
<tr>
<td></td>
<td>Equal</td>
</tr>
<tr>
<td></td>
<td>Saccharin</td>
</tr>
<tr>
<td></td>
<td>Mexican food</td>
</tr>
<tr>
<td></td>
<td>Thai food</td>
</tr>
<tr>
<td></td>
<td>Indian food</td>
</tr>
</tbody>
</table>

Abbreviation: IC, interstitial cystitis.
Source: Shorter et al.41

Is The Best Strategy to Recommend a Diet Based on Survey Data?

• From a functional nutrition perspective, we want to get to the reason that the food is irritating the symptoms.

• There are several reasons that can vary from patient to patient.

• What is the process for determining why a specific food is bothering each individual patient?
Why Are These Foods Exacerbating the Pain? Theories

- Intestinal Permeability and/or Dysregulation of the Bladder Urothelial Barrier ("Leaky Gut/Leaky Bladder")

- Organ cross talk (which may be mediated by mast cell activation) and Co-morbidities (IBS, Fibromyalgia, Chronic Fatigue, Vulvodynia, etc.)

- Neural Up-regulation (Brain inflammation/plasticity?)

Theory #1: Leaky Gut/ Leaky Bladder

- Leaky gut/ Leaky bladder: In the case of autoimmune disease such as celiac disease, a disruption of the intestinal barrier allows environmental triggers (such as gluten) to pass through, triggering the immune response that can lead to autoimmunity and chronic systemic inflammation.

- The same mechanism may be at play for the epithelium of the bladder - the bladder urothelial barrier.
Factors affecting mucosal immune system resulting in intestinal barrier dysfunction, autoimmunity and nervous system abnormalities

Dietary Proteins & Peptides  Antibodies  Drugs & Xenobiotics  Physical Stress  Infections  Cytokines  Neurotransmitters  Enzymes

INTESTINAL BARRIER DYSFUNCTION

FOOD ALLERGY & INTOLERANCE

IMMUNE SYSTEM ABNORMALITIES

AUTOIMMUNITY

INFLUENCE ON THE BLOOD-BRAIN BARRIER AND NEUROAUTOIMMUNITY

© 2009 Aristo Vojdani, PhD
The Supportive Role of The Gut Microbiota

**Protective Functions**
- Pathogen displacement
- Nutrient competition
- Receptor competition
- Production of anti-microbial factors

**Metabolic Functions**
- Control of epithelial cell differentiation and proliferation
- Metabolism of dietary carcinogens
- Synthesis of vitamins
- Fermentation of non-digestible dietary residue and epithelial-derived mucus
- Ion absorption
- Salvage of energy

**Structural Functions**
- Barrier fortification
- Induction of IgA
- Apical tightening of tight junctions
- Immune system development

© Integrative Pelvic Health Institute  I  Jessica Drummond
In an IC Mouse Model

- Autoimmune cystitis can be induced by the injection of a single immunogenic peptide.

- The pain was blocked with lidocaine in the bladder, not the uterus.

Chronic Pelvic Allodynia is Mediated by CCL2 through Mast Cells in an Experimental Autoimmune Cystitis Model.
Bicer F, Altuntas CZ, Izgi K, Ozer A, Kavran M, Tuohy VK, Daneshgari F.
In an IC Mouse Model

- Increased numbers of activated mast cells.
- Hypersensitive responses were inhibited by mast cell stabilizer, cromolyn sodium, and antagonists of histamine receptors 1 and 2.
Evidence of An Autoimmune/Histamine Mediated Cause of IC/ PBS

- Possible leaky bladder urothelial barrier.

- An immune response is stimulated as irritants “leak” through the barrier - mediated by histamine and a histamine activator protein.

- Triggers the urinary symptoms and pelvic pain of IC/PBS.


Chronic Pelvic Allodynia is Mediated by CCL2 through Mast Cells in an Experimental Autoimmune Cystitis Model.
Bicer F1, Altuntas CZ2, Izgi K2, Ozer A3, Kavran M4, Tuohy VK5, Daneshgari F
How Can Nutrition Affect The Possible Autoimmunity?

- Restore the barrier, by using similar strategies as have been found to be useful to restore the intestinal barrier.

- Low histamine diet.
Why is Leaky Gut So Common?
How To Restore The Barrier

• Lower stress/ modify relationship with stress.
• Reduce the ingestion of sensitive foods.
• Reduce environmental toxins.
• Reduce the need for pain medications and antibiotics.
• Restore probiotics in the gut microbiota.
• Micronutrients to support healing the epithelial lining.
Cashmere Blanket Therapy + Healing Nutrition
Specific Gut Healing Strategies - Stress

• Emotional stress -> intestinal permeability

• Stress is used in animal studies to induce intestinal permeability.

• Intense exercise + aspirin, NSAIDs, or fluid restriction increases intestinal permeability.

References:

Effects of supplemental zinc amino acid complex on gut integrity in heat-stressed growing pigs.
Sanz Fernandez MV, Pearce SC, Gabler NK, Patience JF, Wilson ME, Socha MT, Torrison JL, Rhoads RP, Baumgard LH.

Effect of aspirin and ibuprofen on GI permeability during exercise.
Lambert GP, Boylan M, Laventure JP, Bull A, Lanspa S.

Fluid restriction during running increases GI permeability.

Psychological stress and corticotropin-releasing hormone increase intestinal permeability in humans by a mast cell-dependent mechanism.
Vanuytsel T et al.
Specific Gut Healing Strategies
- Stress

• Employ strategies to normalize cortisol levels.

• Coaching to shift relationship with stress, empower, support essential needs and healthy relationships.

• Mindfulness, yoga, joy

• Connection with nature.

• Reduce inflammation and medication use.
Specific Gut Healing Strategies
- Elimination Diet

- IPHI Elimination diet: gluten, beef (grass fed, organic seems fine), eggs, sugar, sweeteners, dairy, nightshades, citrus fruits, soy, peanuts, corn, coffee, baker’s yeast, potatoes, onions)

- How to do an elimination diet?

Adverse effects of phytoestrogens on reproductive health: a report of three cases.

Chandrareddy A, Muneyyirci-Delale O, McFarlane SI, Murad OM.


Sugar-Sweetened Beverage Intake and the Risk of Type I and Type II Endometrial Cancer among Postmenopausal Women.

Inoue-Choi M, Robien K, Mariani A, Cerhan JR, Anderson KE.
Specific Gut Healing Strategies - Gluten

- In personal conversation with Dr. Peter Lotze, he and colleagues are performing research on subjects using gluten elimination diets. They are having success with ~40% of patients with IC.

- Gluten is a key factor, but not the silver bullet. 75% of endometriosis patients reported improvements, but large drop out rate.

- Also important to be mindful of gluten in medications, supplements, skin care, cosmetics, shampoos, etc.


© Integrative Pelvic Health Institute | Jessica Drummond
Specific Gut Healing Strategies
- Toxins

• Treat bacterial infections or parasites. - Genova GI Effects or other stool testing to identify

• Minimize Food and Environmental Toxins (preservatives, GMOs, pesticides, etc.)
Specific Gut Healing Foods and Supplements

- Bone Broth
- MCFA’s such as coconut oil
- Garlic, ginger, turmeric, and other anti-inflammatory herbs and spices
- Fermented foods - cultured dairy, sauerkraut, kim chee, and probiotic supplements
- Fiber to support the growth of probiotic bacteria - sprouted seeds, sweet potatoes, yuca
Specific Gut Healing Supplements

• L-glutamine - up to 15g daily (start lower) - the preferred food for the cells of the gut lining.

• Zinc - dose dependent on deficiency (balance with copper)

• Prebiotic and probiotic supplements

• Betaine HCL with pepsin and other digestive enzymes
WARM BONE BROTH TEA
PLACE 1 ROASTED ORGANIC CHICKEN CARCASS WITH 1-2 EACH CHOPPED ONIONS, CARROTS, AND CELERY STALKS IN A SLOW COOKER. ADD A SPLASH OF APPLE CIDER VINEGAR, SOME PEPPER CORNS AND HERBS. COVER WITH WATER AND SIMMER FOR 24 HOURS.
DRINK DAILY FOR GUT HEALTH.
Theory #2: Organ Cross Talk and Co-Morbidities

- Animal studies using single unit bladder afferent nerve recordings have shown that colonic irritation directly sensitizes the mechanical and chemical receptive properties of bladder sensory C-fibers to noxious stimuli.

- This ‘cross-organ’ sensitization was mediated in a large part by mast cells.

- Using diet and psychosocial strategies to control IBS may impact the pain of IC/ PBS.

Low Histamine Diet - Calm Mast Cell Activation

• Reduce high histamine foods (fermented alcoholic beverages, fermented foods, foods containing vinegar, cured meats, sour foods, dried fruits, aged cheeses, citrus fruits, some nuts, some vegetables, smoked fish)

• Quercitin - an antihistamine and anti-inflammatory flavonoid

• High quercitin - capers, cocoa powder, cranberries, onions, tarragon (many other fruits/vegetables)


Katske F, Shoskes DA, Sender M, Poliakin R, Gagliano K, Rajfer J.
IBS and Gut-Brain Influence on General Pelvic Pain

- Psychosocial treatment of the Gut-Brain (and Brain<>Gut communication) - the vast majority of serotonin production and storage is in the enteric nervous system.

- Symptoms of IBS may be due to abnormal activation of central stress circuits which changes the neuroendocrine (HPA and 5-HT) and autonomic (HANS) output.

- For example, those with diarrhea have higher post-prandial levels of 5-HT (Serotonin.)

Gut Microbiome and The Brain

- Gut bacteria directly stimulate afferent neurons of the enteric nervous system to send signals to the brain via the vagus nerve.

- Gut bacteria also communicate with the brain through their metabolites, which in some cases cross the blood-brain barrier.

- Gut health is essential to pain management as this communication influences the HPA axis.

Dietary Factors and IBS

• Clearly defined **food sensitivities** seem to be rare in IBS, but when found can > significant symptom reduction or even relief (especially in IBS-D.)

• Dietary changes which impact the **microbiota** and their production of SCFA’s - Low FODMAPS and gluten free diets - may provide significant relief for IBS patients.

• Probiotics are recommended by the British Dietetic Association as abnormal gut microbiome has been associated with increased nocioception in the literature.


Heitkemper M¹, Jarrett M², Jun SE³.
Low FODMAPs and IBS

• In an Australian study: 30 patients with IBS and 8 healthy controls.

• Randomly assigned to **21 days of a low FODMAPs diet** or a typical Australian diet. 21 day washout period, then assigned to the other diet.

• For controls: symptoms were minimal and unaltered with either diet.

• For those with IBS: low FODMAPs: significantly lower overall GI symptom scores, bloating, pain and passage of wind were also reduced. Better stool consistency, and alterations in stool frequency for those with IBS-D.


© Integrative Pelvic Health Institute - Jessica Drummond
What are FODMAPs?

• Poorly absorbed, short-chain carbohydrates.

• Lactose, fructose, and sorbitol, fructo-oligosaccharides (fructans), galacto-oligosaccharides (GOS), polyols (sugar and mannitol)

• FODMAPs are poorly absorbed in the small intestine, thus they are fermented by the bacteria in the intestines.

• For some IBS patients, there is also SIBO - causing the increased bloating and gas in more narrow parts of the intestinal track, leading to even more pain.

Dietary poorly absorbed, short-chain carbohydrates increase delivery of water and fermentable substrates to the proximal colon.

Barrett JS, Gearry RB, Muir JG, Irving PM, Rose R, Rosella O, Haines ML, Shepherd SJ, Gibson PR.
<table>
<thead>
<tr>
<th>FODMAP</th>
<th>Foods high in FODMAPs</th>
<th>Suitable alternatives low in FODMAPs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excess fructose</td>
<td>Fruits: apple, clingstone peach, mango, nashi pear, pear, sugar snap pea, tinned fruit in natural juice, watermelon</td>
<td>Fruits: banana, blueberry, cantaloupe, carambola, durian, grape, grapefruit, honeydew melon, kiwi, lemon, lime, orange, passion fruit, pawpaw, raspberry, strawberry, tangelo</td>
</tr>
<tr>
<td></td>
<td>Honey sweeteners: fructose, high-fructose corn syrup</td>
<td>Honey substitutes: golden syrup, maple syrup</td>
</tr>
<tr>
<td></td>
<td>Large total fructose dose: concentrated fruit sources, large servings of fruit, dried fruit, fruit juice</td>
<td>Sweeteners: any sweeteners except polyols</td>
</tr>
<tr>
<td>Lactose</td>
<td>Milk: regular and low-fat cow, goat, and sheep milk; ice cream</td>
<td>Milk: lactose-free milk, rice milk</td>
</tr>
<tr>
<td></td>
<td>Yogurts: regular and low-fat yogurts</td>
<td>Ice cream substitutes: gelato, sorbet</td>
</tr>
<tr>
<td></td>
<td>Cheeses: soft and fresh cheeses</td>
<td>Yogurts: lactose-free yogurts</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cheeses: hard cheeses</td>
</tr>
<tr>
<td>Oligosaccharides (fructans and/or galactans)</td>
<td>Vegetables: artichoke, asparagus, beetroot, broccoli, Brussels sprout, cabbage, fennel, garlic, leek, okra, onion, pea, shallot</td>
<td>Vegetables: bamboo shoot, bok choy, capsicum, carrot, celery, chives, choko, choy sum, corn, eggplant, green bean, lettuce, parsnip, pumpkin, silverbeet, spring onion (green part only)</td>
</tr>
<tr>
<td></td>
<td>Cereals: rye and wheat cereals when eaten in large amounts (eg, biscuit, bread, couscous, cracker, pasta)</td>
<td>Onion/garlic substitutes: garlic-infused oil</td>
</tr>
<tr>
<td></td>
<td>Legumes: baked bean, chickpea, lentil, red kidney bean</td>
<td>Cereals: gluten-free and spelt bread/cereal products</td>
</tr>
<tr>
<td></td>
<td>Fruits: custard apple, persimmon, rambutan, watermelon, white peach</td>
<td>Fruit: tomato</td>
</tr>
<tr>
<td>Polyols</td>
<td>Fruits: apple, apricot, avocado, cherry, longon, lychee, nashi pear, nectarine, peach, pear, plum, prune, watermelon</td>
<td>Fruits: banana, blueberry, cantaloupe, carambola, durian, grape, grapefruit, honeydew melon, kiwi, lemon, lime, orange, passion fruit, pawpaw, raspberry</td>
</tr>
<tr>
<td></td>
<td>Vegetables: cauliflower, mushroom, snow pea</td>
<td>Sweeteners: glucose, sugar (sucrose), other artificial sweeteners not ending in “-ol”</td>
</tr>
<tr>
<td></td>
<td>Sweeteners: isomalt, maltitol, mannitol, sorbitol, xylitol, and other sweeteners ending in “-ol”</td>
<td></td>
</tr>
</tbody>
</table>
Theory #3: Hormonal Imbalances and Pelvic Pain

• Vulvodynia and dyspareunia can be associated with low estrogen, and dry, weak and thin vulvovaginal tissues.

• Endometriosis, PCOS, fibroids, and ovarian cysts can be exacerbated by excess estrogen, and/or low progesterone:estrogen ratio.
Testosterone, PCOS, and Pain

• In young women with PCOS, higher total serum testosterone levels correlate with higher scores of:

  • Bladder Pain
  • Dyspareunia
  • Nocturia and Urgency

Nutrition for Hormone Balance

• Restore adrenal resilience (reduce hypersensitivity of HPA axis.)

• Nutrition to support healthy sex hormone levels.
Stress (survival) is the priority over sex (hormones)
The Stress Sugar Roller Coaster
Lifestyle and Nutrition to Increase Low Estrogen Levels

• Avoid **Gluten**

• Linked to diminished ovarian reserve

• >19% of women with celiac disease, the main symptom was amenorrhea or another menstrual disorder.

Lifestyle and Nutrition to Increase Low Estrogen Levels

- Avoid coffee/ caffeine (try Dandy Blend)

- Organic, fermented soy in moderate amounts (normal in Asian diets - approx 40mg/day - much lower dose than in Western protein powders, and protein bars.)

- Add flaxseeds

- Eat pomegranate

- Add foods high in vitamin E and magnesium

- Add maca
Supporting Estrogen Detox
Practical Avoidance of Toxins

• Lower your body burden of xenoestrogens (BPA, other plastics, pesticides, and phthalates)

• Drink filtered water (Berkey carbon block filter)

• EWG Skin Deep Database for healthier cosmetics and skin/ body care.

• Organic clothes/ mattresses

• Stop wearing plastic flip flops in the hot sun/ avoid plastic for food storage.
Supporting Estrogen Detox
Supporting Natural Detoxification

• Support the liver’s natural detox system

• Take active B vitamin supplements (B6, folate, B12) to support healthy methylation in the liver.

• Add cruciferous vegetables, DIM, and/or Sulphoraphane glucosinolate supplements

• Don’t forget the basics: hydration, and regular, bristol 4, bowel movements, skin brushing, etc.

Nutrition to Reduce Excess Estrogen

• Reduce alcohol, caffeine, and meat & dairy from conventionally raised animals (high in hormones.)

• 35-45 grams per day of fiber (mostly vegetables.) (Be careful, too much can affect ovulation)

• Sleep by 10pm to optimize melatonin production, and support adrenal restoration nightly

#laptopcurfew

Nutrition to Reduce Excess Testosterone

• Focus on blood sugar balance - low glycemic eating, test individual responses to foods on blood sugar, exercise, meal timing.

• Add zinc and avoid dairy (especially with acne.)

• Cinnamon, chromium (mineral) and inositol (B-vitamin) to support insulin sensitivity.
Theory #4
Neural Up-regulation & Pain

• Lower inflammation -> reduce inflammatory cytokines traveling to the brain -> may minimize hypersensitivity of the stress response.
Stress-induced immune dysfunction: implications for health
Ronald Glaser and Janice K. Kiecolt-Glaser
Nature Reviews Immunology 5, 243-251 (March 2005)
Lower Brain Inflammation

- Modify relationship with stress

- Anti-inflammatory diet (Start with the basics: crowd out sugar, processed, and fast foods with vegetables, clean proteins and healthy fats.)

- Curcumin (depression) and Omega-3 FA’s (AD)

Transfer of omega-3 fatty acids across the blood-brain barrier after dietary supplementation with a docosahexaenoic acid-rich omega-3 fatty acid preparation in patients with Alzheimer's disease: the OmegAD study.


Efficacy and safety of curcumin in major depressive disorder: a randomized controlled trial.

Sanmukhani J1, Satodia V, Trivedi J, Patel T, Tiwari D, Panchal B, Goel A, Tripathi CB.
Lower Inflammation and Pelvic Pain

- Omega-3 FA’s and Period Pain

- 95 women in a double-blind crossover study took one omega-3 capsule x 3 months decreased intensity of dysmenhorrhea and reduced ibuprophen rescue dose.

- Not targeted to omega-3 needs. No account for levels of omega-6’s and still effective.

Effect of omega-3 fatty acids on intensity of primary dysmenorrhea.

Rahbar N, Asgharzadeh N, Ghorbani R.

© Integrative Pelvic Health Institute  I  Jessica Drummond
Fatty Acid Metabolism

- Vitamins B3, B6, C, and Zinc and Magnesium are required by elongase and delta-6-desaturase to convert ALA to EPA and DHA.

- Omega-6 and omega-3 fats share enzymes. Thus, the ratio is key.
The Coaching Approach

• Bridging recommendations and implementation.

• IPHI Definition: “Coaching is unlocking a woman’s potential to live a healthy, vibrant, and purposeful life as a whole, feminine human being by her definition. Coaching is supporting her to transform with a full suite of resources and skills, rather than “fixing” her symptoms.”

• Eating is not just chemical.

• It’s emotional, cultural, and social.
Coaching Tools

• Vision

• Values, Values conflicts, and change readiness

• Shift the focus to the positive.

• Mindful listening (beginner’s mind instead of pattern recognition.)

• Empower the patient to be her story’s heroine using her resources: skills, past success, financial, relationships, etc.

• Support her body-mind’s healing systems vs. “fixing” her pain.
Vision

• Vision exercise to illustrate the goals emotionally. Having something to run towards is more sustainable than running from the pain.
Vision Exercise

I CREATE MY LIFE
Values and Positive Perspective

• Values and values conflicts

• What feels good to you? When you feel good, what is happening in your day?

• Bring awareness to when emotional stressors increase pain, and to when emotional support reduces pain.

• Talking in a safe setting or journaling.

Change Readiness

• “You are not everyone’s healer.” - Fabienne Fredrickson

• Pre-Contemplation: deny the problem

• Contemplation: vague plans to change

• Preparation: detailed plans to make change

• Action: visible outward change (taking action steps and setting time frames)

• Maintenance: long-term active alertness/ Growth

Prochaska and DiClemente’s Transtheoretical Model of Change as detailed in Integrative Health Coach Professional Training Program Manual. Duke Integrative Medicine
Mindful Listening

• “If you are not practicing mindfulness, you are practicing distraction.” - Jeffrey Brantley, MD, DFAPA
Support Her Body’s Healing Systems

• When have you been successful at something in the past? What skills and resources did you do to create that success?

• What are you saying to yourself (when the pain occurs/ when your pain improves)?

• What situations tend to calm your pain? How can you create those more often?

• What is the next step? (present focus)
Clinical Application Steps

• Restore the intestinal/bladder lining to minimize potential autoimmunity, and reduce systemic (including brain) inflammation.

• Nutritional approach to reduce the organ cross talk from digestive issues such as IBS.

• Nutritional and lifestyle strategies to optimize hormonal balance.

• Coaching strategies and anti-inflammatory nutrition to down-regulate the nervous system, and empower the patient to re-write her pain story as the heroine.
THANK YOU!

IntegrativePelvicHealthInstitute.com
@jessrdrummond