

Graedons' Pharmacy | Coconut and peppermint for bad diarrhea

JOE AND TERESA GRAEDON | SPECIAL TO THE HERALD

Q: Earlier this year, I had a bout of irritable bowel syndrome that caused me distress and diarrhea. I had read that coconut cookies could help.

I created my own recipe using instant vanilla pudding and a batch of dried coconut. Delicious and simple!

I also started taking peppermint capsules. The combination of the coconut pudding and peppermint seems to do the trick.

My elderly neighbor suffers from dementia as well as bowel problems. I have put her on the same regimen, and it is working. She has no idea what she is eating, so it cannot be mind over matter. Months of discomfort and Depends are past history.

A: Thank you for sharing your solution. Many others have reported success with coconut against diarrhea. We have included a recipe for coconut macaroon cookies in our book "Recipes & Remedies" (available at www.PeoplesPharmacy.com).

Enteric-coated peppermint pills have been shown to ease symptoms of irritable bowel syndrome. A meta-analysis of nine placebo-controlled studies found that this is a safe and effective short-term treatment (Journal of Clinical Gastroenterology, July 2014).

Read more here: <http://www.bradenton.com/news/local/health-care/article45108639.html#storylink=cpy>