For IBS, we suggest you take our **STOMAID  & ACIDIM**.

You need to take 2 tablets of Stomaid after breakfast, 2 tablets after lunch and 2 tablets after dinner with normal water

Also you need to take 1 sachet of acidim after breakfast, one sachet after lunch and one sachet after dinner. Acidim can be increased upto 6 times a day in the 1st month of treatment, based on need.

Additionally, pls do take Hernica 1 to 2 sachets every day - 1 after breakfast and 1 after dinner, if you have a tendency for constipation.

Initial symptoms will subside within a few weeks and you will begin to feel sustainable benefit. Any visible changes, if any, will take at least 2-3 months to start showing. As you approach 4-5 months, the intestines will start gaining strength and reduce the agony of IBS. Generally, 6 -8 months is a good time to cure. However, this time can vary from person to person.

STOMAID & ACIDIM & HERNICA are not known to have any side effects. It is completely herbal and made of natural substances that are of the highest quality to make sure you get nothing but the best treatment.

avoid spicy food, cold drinks.

take an early and light dinner. Eat early & heavy breakfast.

to order online : [https://www.grocare.com/diagnose/irritable-bowel-syndrome-ibs](https://www.grocare.com/diagnose/irritable-bowel-syndrome-ibs" \t "_blank)

All prices are mentioned on the website. ORDER's can be placed online, delivery is by DTDC/DHL express Courier, to reach you in 4-5 working days.

**Important points during Hernia herbal treatment :**

**Breakfast time :** Within 2 hours of getting up, breakfast should be finished

Breakfast to be healthy, and filling

Not later than 8.30 AM - followed by medicines

**Lunch time :** Between 1 to 1.30 PM

**Dinner time :** Between 7 to 7.30 PM, at least 4 hours before bed time. Dinner should be light - followed by medicines

In between the above, please take fruits, green tea, Salads, Leafy vegetables in abundance

Fruits preferred : Papaya, Apple, Anaar, Banana (only 1 a day), Pineapple, all seasonal fruits which are not sour

Foods to avoid : Fermented foods e.g. Idly, Dhokla, Wada, Dosa

Gas forming food e.g. Kadhi, Rajma, Chhole, Bhature, Naan, Kulcha, Urad Daal etc.

Avoid biscuits, bakery items

Avoid : cold water, cold drinks, ice creams, any other items from the freeze

Pls do not lift weights. No heavy work, no yoga & no exercises that put pressure on stomach and abdomen.

Avoid cold water and cold drinks. These are the precautions for the duration of treatment.

for any further query, pl write or call us at helpline 98221 00031 between 8 AM to 8 PM

Grocare India

[www.grocare.com](http://www.grocare.com/" \t "_blank)

Helpline: +91-98221 00031

