

ONE TREE NUTRITION

# Top 5 Foods To Eat During a Flare: Chronic Pelvic Pain, Endometriosis & IBS

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# Welcome

If you're reading this, chances are you're living with chronic pelvic pain or flare-ups that feel unpredictable, exhausting, and frustrating.

Maybe your symptoms don't make sense. Maybe you've tried everything — diets, supplements, rest, pushing through — and you're still stuck in the cycle.

If you're tired of constantly 'googling' your symptoms and just guessing on what to do to calm your flare-ups, you are in the right place!

This guide was created for you.

In the next few pages I'll explain a bit more about who I am, who this guide is for and share the top 5 foods to eat during a flare.

I'm so glad you're here.

Let's get started...



# About Me

Hi, I'm Orisha, a Holistic Nutritionist (NNCP) specializing in **IBS**, **endometriosis**, and **chronic pelvic pain**.

I help women living with pelvic pain, IBS, digestive issues, endometriosis, and recurring flare-ups **reduce pain, calm flares**, and **feel in control of their body again** — through anti-inflammatory nutrition, lifestyle, and mindset support.

If you've been told to "just manage it" or "push through," know this: **chronic pain does not have to control your life.**

I'm so passionate about chronic pain management due to my own lifelong struggles with **digestive issues** (diagnosed IBS) and **chronic pelvic pain** (excision surgery in 2025). I know what it feels like to be dismissed by doctors, gaslighted and not feel seen or heard.

I take a **whole-body approach** to chronic pelvic pain and gut health. This guide is a great starting place for you.

Check out my website for more resources (including my blog!): [click here](#)



Orisha





# *Who This Guide Is For*

## **You're in the right place if:**

- you experience bloating that makes you feel like you're about to explode
- you can't seem to ever get enough sleep
- you're always cancelling plans due to pain
- flare-ups keep you from truly enjoying life
- you live with chronic pelvic pain, inflammation & flare-ups
- you've been diagnosed with or suspect conditions like IBS, endometriosis, autoimmune issues, etc.
- you're overwhelmed with what to do & tired of googling symptoms

# Top 5 Foods To Eat During A Flare



#1

## Bananas

Bananas are soft, easy to digest, and gentle on your gut, making them perfect during flare-ups. They provide quick energy without irritating your digestive system and are low in insoluble fiber, which can help reduce discomfort. They are best to eat when yellow and lightly spotted.

#2

## Steamed Potato

Steamed potatoes are soothing and easy to digest, providing gentle carbohydrates that won't aggravate your gut. Their soft texture makes them a comforting option during flare days while keeping you nourished. You can also enjoy sweet potatoes instead (especially if you have arthritis or are sensitive to nightshades).





#3

## Lean Chicken (Baked or Steamed)

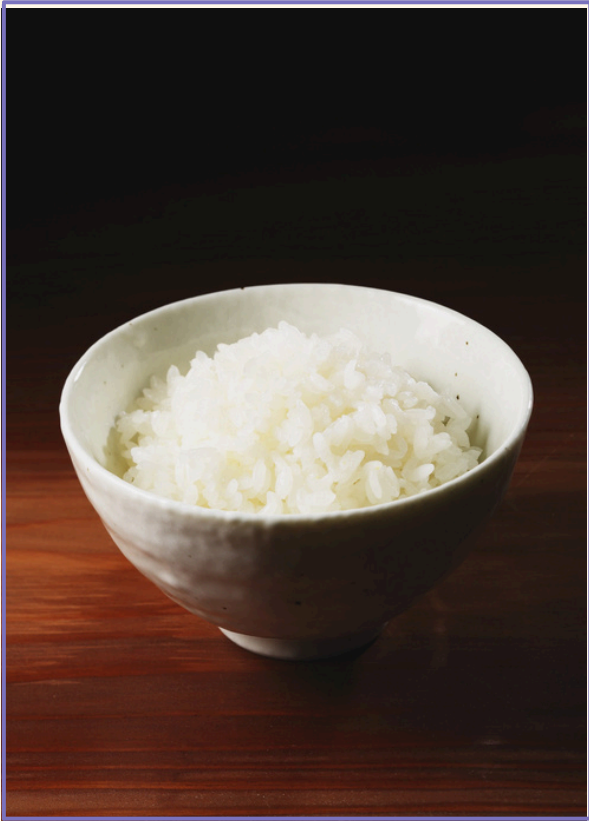
Lean chicken is soft, gentle, and easy to digest, providing a high-quality source of protein without stressing your gut. Steaming or baking keeps it tender, making it a soothing and nourishing option during flare days.

#4

## Bone Broth

Bone broth is nutrient-rich, hydrating, and extremely gentle on the digestive system. Packed with minerals and amino acids, it supports gut healing and helps reduce inflammation without straining your digestive tract.





#5

## White Rice (Organic If Possible)

White rice is a gentle, easily digestible source of carbohydrates that won't irritate the gut. Its soft texture and low fiber content make it a calming food choice during flare days. White basmati is always a great option. If you are able, purchase organic rice to avoid pesticides.

### Tip

*Try combining 2–3 of these gentle foods in a meal for a soothing, easy-to-digest option during flare-ups*

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# Next Steps...

If you're reading this and thinking,

*"This makes sense... but I still feel overwhelmed about what to do and when,"*  
and "what about before and after flares?"...  
you're not alone.

If you're living with chronic pelvic pain, you already know how overwhelming it can be to figure out what to do, what to eat, and when to rest — especially when symptoms change day to day.

With **1:1 chronic pain coaching**, I guide you step-by-step so you're no longer trying to manage flares, food, stress, and hormones on your own. Together, we focus on your body, your triggers, and what matters most right now — without overwhelm.



## When you work with me, you'll:

- Stop guessing about your triggers & get clarity
- Have a step-by-step plan that fits your life — no overwhelm
- get personalized nutrition & lifestyle support for your body
- feel in control & not at the mercy of your symptoms

## Ready to move forward?

Book a **free 15-minute Chronic Pain Clarity Call** for a no-pressure chat about your symptoms, goals and challenges. I'll answer your questions and help you decide if coaching is the right next step for your journey

**BOOK NOW**