

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

Your body is trying to tell you something...

Do any of these sound like you?

- I wake up already feeling bloated, puffy, or inflamed
- My stomach looks or feels uncomfortable after eating – even small meals
- I never really know how my digestion is going to behave day to day
- I'm constipated, struggling to go, or feel like I never fully empty
- I bounce between constipation and diarrhea
- Eating feels stressful because I don't know what will trigger symptoms
- I feel heavy, swollen, or uncomfortable in my body
- I get cramping, gas, or sharp pains that come out of nowhere
- My pelvic pain or pressure gets worse when my digestion flares
- I feel exhausted most days, even when I'm "doing everything right"
- My energy crashes mid-day and I rely on caffeine to get through
- My brain feels foggy and it's hard to focus or think clearly
- My symptoms mess with my mood – I feel irritable, anxious, or flat
- I avoid social plans because of how my body might react
- Sleep doesn't feel restorative – I wake up still tired
- I've tried eliminating foods, supplements, and protocols, but nothing sticks
- I've been told my tests are "normal," yet I don't feel normal
- I'm frustrated, discouraged, and tired of guessing what to eat



If you checked "yes" to 5 or more of these symptoms, it's a strong sign that your body could benefit from personalized support.

You need guidance, structure, and support that meets your body where it is.

On the next page, you'll learn how my 1:1 coaching helps clients move out of constant flares, calm their digestion, and rebuild trust with food – without extreme protocols or overwhelm.



Next Steps...



If the last page felt familiar, you're not imagining it — your body is giving you signals that something needs support.

The good news? You don't have to figure this out alone, and you don't have to keep guessing which foods, supplements, or routines will finally help.

I provide anti-inflammatory nutrition & lifestyle support for women to have daily bm's, more energy and chronic pain relief.

Explore 1:1 Coaching Packages

If you're ready to commit to your health and want structured support, check out my 1:1 coaching programs:

- 1-Month Renew Package
- 3-Month Healing Reset
- The Empowered Warrior 6-Month Intensive

[Learn More](#)

Book a Free 15-Minute Chronic Pain Clarity Call

If you're unsure where to start, this quick, no-pressure call is your chance to share about your symptoms, goals and challenges. I'll provide some guidance about next steps and help you decide if coaching is the right next step for your journey.

[BOOK NOW](#)

You deserve to feel calm, confident, and in control of your body again. Let's make it happen.



“HEALING DOESN'T
START WITH
RESTRICTION. IT
STARTS WITH
NOURISHMENT &
COMPASSION”



Important Notice & Disclaimer

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Orisha Boychuk, NNCP (Natural Nutrition Clinical Practitioner), provides nutrition education and wellness support within the scope of natural nutrition practice. This product does not establish a practitioner-client relationship and does not constitute medical or diagnostic care.

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