

ibs plant based diet

ibs plant based diet is increasingly recognized as a beneficial approach for managing symptoms of Irritable Bowel Syndrome (IBS). This dietary strategy emphasizes whole, minimally processed plant foods that can help reduce digestive discomfort and improve gut health. Incorporating an ibs plant based diet involves understanding which foods promote digestive ease and which may trigger symptoms such as bloating, cramping, and irregular bowel movements. This article explores the core principles of a plant-based diet tailored for IBS, examines foods to include and avoid, and offers practical tips for successful dietary management. Additionally, it discusses the role of fiber, probiotics, and meal planning in optimizing digestive wellness through plant-based nutrition. The following sections provide an in-depth look at how an ibs plant based diet can contribute to symptom relief and overall gastrointestinal health.

- Understanding IBS and Its Dietary Challenges
- Principles of an IBS Plant Based Diet
- Recommended Foods for IBS on a Plant-Based Diet
- Foods to Avoid on an IBS Plant Based Diet
- Role of Fiber and Probiotics in IBS Management
- Practical Tips for Implementing an IBS Plant Based Diet

Understanding IBS and Its Dietary Challenges

Irritable Bowel Syndrome (IBS) is a common gastrointestinal disorder characterized by symptoms such as abdominal pain, bloating, gas, diarrhea, and constipation. Managing IBS often requires careful dietary modifications, as certain foods can exacerbate symptoms. The complexity of IBS lies in its varied presentation among individuals, making personalized nutrition strategies essential. An ibs plant based diet focuses on consuming foods that support gut health while minimizing irritants and triggers. Understanding the relationship between diet and IBS symptoms is critical to developing an effective management plan that promotes digestive comfort and overall wellbeing.

What is IBS?

IBS is a functional bowel disorder that affects the large intestine. It is not associated with structural abnormalities, but rather with changes in bowel motility, sensitivity, and gut-brain interactions. Symptoms can vary between diarrhea-predominant, constipation-predominant, or mixed types, necessitating tailored dietary approaches. Stress and certain foods often precipitate symptom flare-ups, which is why diet plays a pivotal role in symptom control.

Dietary Challenges in IBS

The primary dietary challenge for individuals with IBS is identifying which foods trigger symptoms and which provide relief. Common irritants include high-fat foods, certain carbohydrates known as FODMAPs (fermentable oligosaccharides, disaccharides, monosaccharides, and polyols), caffeine, and artificial sweeteners. The IBS plant based diet offers an opportunity to focus on nutrient-dense, soothing foods that are less likely to cause digestive upset.

Principles of an IBS Plant Based Diet

An IBS plant based diet is centered on consuming whole, plant-derived foods while minimizing processed items and known irritants. This dietary pattern prioritizes vegetables, fruits, whole grains, legumes, nuts, and seeds in forms that are gentle on the digestive system. The diet also encourages hydration and balanced meal timing to support digestive regularity. Key principles include selecting low-FODMAP foods, moderating fiber intake, and incorporating probiotics through plant-based sources.

Focus on Whole, Minimally Processed Foods

Whole foods provide essential nutrients and beneficial compounds without the additives or preservatives that can aggravate IBS symptoms. Fresh vegetables, fruits, and grains retain their natural fiber and nutrient profile, supporting gut motility and microbiome health. Processing often alters food composition, increasing the risk of intolerance or sensitivity.

Low-FODMAP Emphasis

FODMAPs are short-chain carbohydrates that can ferment in the gut, causing gas, bloating, and discomfort in IBS sufferers. Adhering to a low-FODMAP version of the IBS plant based diet helps minimize these symptoms by avoiding or limiting foods high in fermentable sugars. This approach is often implemented in phases, beginning with elimination followed by careful reintroduction to identify individual triggers.

Balanced Fiber Intake

Fiber is a vital component of a plant-based diet, but its role in IBS management requires balance. Soluble fiber tends to be more tolerable and beneficial for IBS symptoms, while insoluble fiber may exacerbate irritation in some individuals. An effective IBS plant based diet carefully incorporates fiber sources that promote smooth digestion without increasing symptoms.

Recommended Foods for IBS on a Plant-Based Diet

Choosing the right plant-based foods is essential for managing IBS symptoms effectively. The IBS plant based diet emphasizes low-FODMAP, nutrient-rich options that support digestive health while minimizing discomfort. These foods provide vitamins, minerals, antioxidants, and fiber in forms that

are easier to digest for sensitive individuals.

Vegetables

Low-FODMAP vegetables that are generally well tolerated include:

- Carrots
- Spinach
- Zucchini
- Bell peppers
- Tomatoes
- Cucumber
- Eggplant

Fruits

Fruits suitable for an ibs plant based diet are those low in fermentable sugars and include:

- Blueberries
- Strawberries
- Oranges
- Kiwifruit
- Bananas (ripe)
- Pineapple

Grains and Legumes

Grains that are typically tolerated on an ibs plant based diet include:

- Quinoa
- Oats

- Rice (white and brown)
- Polenta

Legumes should be introduced cautiously, with well-tolerated options including:

- Lentils (in small quantities)
- Canned chickpeas (rinsed)

Nuts and Seeds

Moderate portions of nuts and seeds can provide healthy fats and protein. Suitable choices include:

- Almonds (small servings)
- Walnuts
- Chia seeds
- Flaxseeds

Foods to Avoid on an IBS Plant Based Diet

Identifying and avoiding foods that trigger IBS symptoms is a cornerstone of effective dietary management. Many common plant-based foods contain high levels of FODMAPs or other compounds that can exacerbate digestive distress. The IBS plant based diet excludes or limits these foods to help maintain symptom control and improve quality of life.

High-FODMAP Vegetables

Vegetables to avoid due to high FODMAP content include:

- Onions
- Garlic
- Cauliflower
- Asparagus
- Broccoli (in large amounts)

High-FODMAP Fruits

Fruits known to trigger IBS symptoms are:

- Apples
- Pears
- Mangoes
- Watermelon
- Cherries

Legumes and Pulses to Limit

Some legumes are high in fermentable carbohydrates and may worsen symptoms:

- Kidney beans
- Black beans
- Lima beans
- Split peas

Other Foods to Avoid

Additional items that may trigger IBS symptoms include:

- Processed plant-based meats with additives
- Artificial sweeteners such as sorbitol and mannitol
- Excessive caffeine
- Carbonated beverages

Role of Fiber and Probiotics in IBS Management

Fiber and probiotics play significant roles in managing IBS symptoms within the context of a plant-based diet. Properly balancing fiber types and incorporating beneficial bacteria can enhance digestive function and reduce symptom severity.

Fiber Types and Their Effects

Fiber is classified into soluble and insoluble types. Soluble fiber dissolves in water to form a gel-like substance, aiding in stool consistency and promoting gut health. Sources include oats, psyllium, and certain fruits. Insoluble fiber adds bulk to stool and can speed transit time, which may irritate some IBS patients. Managing fiber intake by emphasizing soluble sources is recommended for an IBS plant-based diet.

Probiotics from Plant-Based Sources

Probiotics are live microorganisms that support a healthy gut microbiome. Fermented plant foods such as sauerkraut, kimchi, tempeh, and certain pickled vegetables can provide beneficial bacteria. Supplementing the IBS plant-based diet with these foods may help alleviate symptoms by improving intestinal flora balance and enhancing immune function.

Practical Tips for Implementing an IBS Plant Based Diet

Successful adoption of an IBS plant-based diet requires careful planning and mindful eating habits. The following strategies can assist in managing symptoms while enjoying a nutritious, plant-centered lifestyle.

Gradual Dietary Changes

Introduce new foods slowly to monitor tolerance and reduce the risk of symptom flare-ups. Gradual adjustments allow the digestive system to adapt and help identify individual triggers.

Meal Timing and Portion Control

Eating smaller, more frequent meals rather than large portions can ease digestive burden. Maintaining regular meal times supports gut motility and reduces the likelihood of symptoms.

Food Preparation Techniques

Cooking methods such as steaming, boiling, and roasting can make plant foods easier to digest. Avoiding fried or heavily spiced dishes helps minimize irritation.

Keeping a Food Diary

Tracking food intake and symptom patterns can identify problematic foods and guide dietary adjustments. This tool is invaluable for personalizing the IBS plant based diet.

Hydration and Lifestyle Factors

Adequate water intake supports digestion and fiber function. Additionally, managing stress and incorporating regular physical activity complement dietary efforts in IBS symptom management.

Frequently Asked Questions

What is an IBS plant based diet?

An IBS plant based diet focuses on consuming plant-derived foods such as fruits, vegetables, whole grains, legumes, nuts, and seeds while minimizing or eliminating animal products to help manage symptoms of Irritable Bowel Syndrome (IBS).

How can a plant based diet help with IBS symptoms?

A plant based diet can help with IBS symptoms by increasing fiber intake, promoting healthy gut bacteria, and reducing inflammation. However, it is important to choose low-FODMAP plant foods to avoid triggering IBS symptoms like bloating and gas.

Which plant based foods are recommended for people with IBS?

Low-FODMAP plant based foods such as carrots, spinach, zucchini, strawberries, blueberries, oats, quinoa, and firm tofu are generally recommended for people with IBS to help reduce symptoms.

Are legumes safe to eat on an IBS plant based diet?

Legumes can be problematic for some people with IBS due to their high FODMAP content, which may cause gas and bloating. However, some legumes like canned lentils or chickpeas in small amounts are better tolerated. It's best to introduce them gradually and monitor symptoms.

Can a plant based diet cause nutrient deficiencies in IBS patients?

If not properly planned, a plant based diet may lead to deficiencies in nutrients like vitamin B12, iron, calcium, and omega-3 fatty acids. IBS patients should work with a healthcare provider or dietitian to ensure a balanced diet and consider supplements if needed.

How can FODMAPs be managed on a plant based diet for IBS?

Managing FODMAPs on a plant based diet involves identifying and limiting high-FODMAP foods such as garlic, onions, certain fruits, and legumes, while focusing on low-FODMAP plant foods. Following a structured low-FODMAP diet under professional guidance can help reduce IBS symptoms.

Is it necessary to follow a strict low-FODMAP diet with IBS on a plant based diet?

Not necessarily. Some individuals with IBS may tolerate a moderate amount of FODMAPs. A plant based diet tailored to individual tolerance levels, possibly starting with a low-FODMAP elimination phase followed by gradual reintroduction, can be effective in managing IBS symptoms.

Additional Resources

1. *The Plant-Based IBS Solution*

This book offers a comprehensive guide to managing Irritable Bowel Syndrome through a plant-based diet. It includes meal plans, recipes, and nutritional advice tailored to reduce IBS symptoms. The author combines scientific research with practical tips to help readers achieve digestive health naturally.

2. *Healing IBS with Plants*

Focused on the therapeutic power of whole foods, this book explores how a plant-based diet can alleviate IBS symptoms. It covers elimination diets, gut-friendly recipes, and lifestyle changes to support digestive wellness. Readers will find easy-to-follow strategies for soothing their gut and improving overall health.

3. *IBS Relief: A Plant-Powered Approach*

This guide emphasizes the role of fiber-rich, plant-based foods in managing IBS. It explains how different plant foods affect the digestive system and offers guidance on meal planning and symptom tracking. The book aims to empower individuals to take control of their IBS through nutrition.

4. *The Low-FODMAP Plant-Based Diet for IBS*

Combining the popular Low-FODMAP diet with plant-based eating, this book provides recipes and tips designed to minimize IBS flare-ups. It educates readers on identifying trigger foods and creating balanced, nutritious meals that are gentle on the gut. The author also includes personal stories and expert advice.

5. *Plant-Based Gut Health for IBS Sufferers*

This resource dives into the connection between gut microbiota and IBS, highlighting how plant-based nutrition can restore balance. It features probiotic and prebiotic-rich recipes, along with lifestyle recommendations to support digestive function. Readers will learn how to nourish their gut flora naturally.

6. *IBS and Vegan Eating: A Practical Guide*

Tailored for vegans dealing with IBS, this book addresses common challenges and provides solutions through diet adjustments. It includes shopping lists, cooking techniques, and symptom management tips focused on plant-based ingredients. The guide helps readers maintain a nutritious and IBS-friendly vegan lifestyle.

7. *Soothing IBS with Whole Plant Foods*

This book emphasizes whole, unprocessed plant foods as the foundation for IBS symptom relief. It explains the science behind fiber, antioxidants, and anti-inflammatory compounds in plants that aid digestion. The author provides meal ideas and lifestyle advice to promote long-term gut health.

8. *Plant-Based Recipes to Calm IBS*

Featuring a collection of delicious and easy-to-make recipes, this cookbook targets IBS symptom reduction through plant-based meals. Each recipe is designed to be gentle on the digestive system while providing essential nutrients. The book also includes tips on ingredient substitutions and portion control.

9. *The IBS-Friendly Plant Diet Plan*

This practical plan outlines a step-by-step approach to adopting a plant-based diet tailored for IBS management. It combines nutritional insights with actionable advice, such as grocery shopping tips and meal prepping strategies. The book aims to simplify the transition to a gut-friendly, plant-focused lifestyle.

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ibs plant based diet: The Science of Plant-based Nutrition Rhiannon Lambert, 2024-06-18
With an overwhelming weight of evidence suggesting that plant-based eating is the way forward for both the planet and people, there are a wealth of misconceptions and unanswered questions that need to be addressed to help support not just the health of the population, but the health of the planet, too. In *The Science of Plant-Based Nutrition*, leading nutritionist Rhiannon Lambert is here to equip you with everything you need to know about plant-based diets, separating fact from fiction to help you and your family understand the importance of nutrition on our health while minimizing the impact we have on the environment. As with any diet, when you change what you eat, you also have to change the way you eat and how you think about food. This is simple, flexible, and nutritionally approved advice to help you navigate a plant-based diet without compromising on health. It's more important than ever to execute this way of eating correctly and to equip you all with the need-to-know nutritional basics. Covering every conceivable topic—from vegan and plant-based diets, sustainability, physical and mental health outcomes, and nutrition across the lifespan, to individual nutrients and supplements (and everything in between)—this book offers clear answers with informative graphics, making it easy to understand in order to enable you to make informed decisions that are best suited to your lifestyles about what, when, and how to eat responsibly for our own and the planet's health and happiness.

ibs plant based diet: Vegetarian and Plant-Based Diets in Health and Disease Prevention François Mariotti, 2017-05-23
Vegetarian and Plant-Based Diets in Health and Disease Prevention examines the science of vegetarian and plant-based diets and their nutritional impact on human health. This book assembles the science related to vegetarian and plant-based diets in a comprehensive, balanced, single reference that discusses both the overall benefits of plant-based diets on health and the risk of disease and issues concerning the status in certain nutrients of the

individuals, while providing overall consideration to the entire spectrum of vegetarian diets. Broken into five sections, the first provides a general overview of vegetarian / plant-based diets so that readers have a foundational understanding of the topic. Dietary choices and their relation with nutritional transition and sustainability issues are discussed. The second and third sections provide a comprehensive description of the relationship between plant-based diets and health and disease prevention. The fourth section provides a deeper look into how the relationship between plant-based diets and health and disease prevention may differ in populations with different age or physiological status. The fifth and final section of the book details the nutrients and substances whose intakes are related to the proportions of plant or animal products in the diet. - Discusses the links between health and certain important characteristics of plant-based diets at the level of food groups - Analyzes the relation between plant-based diet and health at the different nutritional levels, i.e. from dietary patterns to specific nutrients and substances - Provides a balanced evidence-based approach to analyze the positive and negative aspects of vegetarianism - Addresses the different aspects of diets predominantly based on plants, including geographical and cultural variations of vegetarianism

ibs plant based diet: Irritable Bowel Syndrome: The Complete Guide to Understanding and Managing IBS Ethan D. Anderson, 2023-03-20 Irritable Bowel Syndrome (IBS) is a common condition that affects millions of people around the world. Symptoms include abdominal pain, bloating, and changes in bowel movements, which can cause discomfort and distress for those who suffer from it. Fortunately, there are many ways to manage IBS and reduce symptoms, and this is where Irritable Bowel Syndrome: The Complete Guide to Understanding and Managing IBS comes in. This comprehensive guide is an essential resource for anyone who has been diagnosed with IBS or suspects they may be experiencing symptoms. With a complete breakdown of what IBS is, its causes, and its symptoms, as well as practical strategies for managing symptoms and improving overall health and wellness. The book begins with an introduction to IBS, including what it is, how it is diagnosed, and the different types of IBS. It then delves into the various causes of IBS, including diet, stress, and other factors, and provides you with actionable advice for identifying and addressing these underlying causes. The bulk of the book is dedicated to managing IBS, with detailed chapters on diet and nutrition, stress management, exercise, and other strategies for reducing symptoms and improving overall health. You will learn about the low-FODMAP diet, a popular dietary approach for managing IBS symptoms, as well as other dietary strategies, such as probiotics and fiber supplements. The book also covers stress management techniques, such as mindfulness and meditation, as well as the benefits of exercise for reducing symptoms. In addition to practical strategies for managing IBS, the book also provides you with helpful tips for coping with the emotional toll of the condition. Chapters on coping with anxiety and depression, building a support network, and seeking professional help provide you with the tools they need to manage the mental health aspects of IBS. The author also provides real-life examples of people with IBS who have successfully managed their symptoms, offering inspiration and hope to readers who may be struggling with the condition. Irritable Bowel Syndrome: The Complete Guide to Understanding and Managing IBS is a must-read for anyone who wants to take control of their IBS symptoms and improve their overall health and well-being. With its comprehensive coverage of the condition and practical strategies for managing symptoms, this book is an essential resource for anyone who wants to live a full and healthy life with IBS. Table of Contents Introduction What is a IBS? The Different Types Of IBS IBS And Inflammatory Bowel Disease (IBD) The Difference Between IBS And IBD Strategies For Managing IBS Symptoms When You Have IBD How do you get IBS What are the symptoms of IBS IBS And Chronic Fatigue Syndrome The Link Between IBS And Chronic Fatigue Syndrome Strategies For Managing Symptoms When You Have Both Conditions The Impact Of Chronic Fatigue Syndrome On IBS Symptom Severity IBS And Chronic Pain The Link Between IBS And Chronic Pain Strategies For Managing Chronic Pain With IBS The Benefits Of A Multidisciplinary Approach To Pain Management IBS And Autoimmune Diseases The Link Between IBS And Autoimmune Diseases Strategies For Managing Symptoms When You Have An Autoimmune Disease The Impact Of Autoimmune Diseases On IBS Symptom Severity Another strategy for

managing symptoms when you have both IBS and an autoimmune disease is to prioritize self-care. This may involve incorporating regular exercise into your routine, getting adequate sleep, and staying hydrated. Exercise has been shown to be effective in reducing inflammation and improving gut function, while sleep and hydration are essential for overall health and wellbeing.

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ibs plant based diet: *Plant-Based Diet Cookbook For Dummies* Jenn Sebestyen, 2022-01-07 Live longer, live healthier, and feel amazing with a plant-based diet A plant-based diet has been proved to be a healthy and balanced alternative to diets that include meat. Even more importantly, it can be absolutely delicious and fun! In *Plant-Based Diet Cookbook For Dummies* you'll get all the recipes you need to guide you through a durable lifestyle change that will boost your energy, lower inflammation, encourage a healthy weight, and reduce your risk of disease. With over 100 foolproof and engaging recipes, this life-changing book will help you: Get started from scratch with a plant-based diet that will save you money and time Discover new recipes and grocery shopping techniques that keep your fridge stocked with healthy, delicious food Learn how to navigate restaurants and social gatherings while maintaining your new lifestyle So, if you've been wondering if it's time to make a change to your diet and lifestyle, why not give the plant-based diet a try?

ibs plant based diet: The Dietitian's Guide to Vegetarian Diets: Issues and Applications Reed Mangels, Virginia Messina, Mark Messina, 2021-10-01 The *Dietitian's Guide to Vegetarian Diets: Issues and Applications*, Fourth Edition provides the most up-to-date information on vegetarian diets. Evidence-based and thoroughly referenced, this text includes case-studies, sample menus, and counseling points to help readers apply material to the real world. Written for dietitians, nutritionists, and other health care professionals, the Fourth Edition can be used as an aid for counseling vegetarian clients and those interested in becoming vegetarians, or serve as a textbook

for students who have completed introductory coursework in nutrition.

ibs plant based diet: IBS: The Complete Irritable Bowel Syndrome Diet Guide for Total Symptoms Relief (Transform Your Health Manage Ibs and Other Digestive Disorders with Simple & Flavorful Recipes) Matthew Horton, 101-01-01 The IBS Guide goes beyond just providing information; it offers practical advice and guidance to help individuals regain control over their digestive health. Whether you are newly diagnosed with IBS or have been struggling with it for years or a healthcare provider who cares for patients with IBS, this book will equip you with the knowledge and tools to better manage IBS symptoms and improve the overall well-being of patients with IBS. In the pages of The Complete IBS Relief Diet Cookbook, you will discover: · Delicious healing recipes · Tailored dietary guidance · Holistic nutritional tips · Prevention strategies · And many more! IBS patient and veteran IBS health coach Amanda Malachesky to help you leave cookie-cutter prescriptions behind and create a personalized gut health protocol that matches your real-life needs. Using this life-changing information, you can find lasting relief from your IBS symptoms, even if you've been sick for years without success.

ibs plant based diet: Plant-based Sports Nutrition D. Enette Larson-Meyer, Matthew Ruscigno, 2020 Plant-Based Sports Nutrition offers guidance to athletes who choose vegan, vegetarian, and plant-based diets about how to effectively fuel their training and competition while adhering to their eating preferences.

ibs plant based diet: Plant Powered - The Ultimate Guide to Going Vegan Teo Inkrigde, 2024-10-07 As a millennial, I've often found myself grappling with financial challenges. Debts, loans, and low-paying jobs seem to be a constant part of my life. In the midst of this financial struggle, I realized that the last thing I wanted to cut back on was food. After all, food is fuel for our bodies—it needs to be good. This realization set me on a path of discovery and transformation, leading me to embrace a plant-based diet that has not only improved my health but also aligned with my values and lifestyle. In the following chapters, I will share practical tips, delicious recipes, and inspiring stories to help you incorporate more veggies and fruits into your diet. Whether you're just starting out or looking to refine your plant-based journey, this book is here to support you every step of the way. Let's embark on this path together, towards a healthier, happier, and more vibrant life.

ibs plant based diet: The Whole-Food Guide to Overcoming Irritable Bowel Syndrome Laura Knoff, 2010-07-01 If you have irritable bowel syndrome (IBS), you know all too well that its symptoms sometimes rule your life. While medication may temporarily alleviate IBS, diet and lifestyle changes target the root of the problem and can help you feel like yourself again. In The Whole-Food Guide to Overcoming Irritable Bowel Syndrome, nutrition consultant and former digestive disorder sufferer Laura Knoff reveals powerful, natural strategies for relieving symptoms right away and offers a collection of easy and nutritious recipes to help you end your struggle with IBS once and for all. This guide includes tips and advice on: What to eat and what to avoid to prevent IBS symptoms Herbs and vitamins for improving digestion naturally Self-assessing your IBS through an elimination diet Lifestyle changes, exercise, and stress management

ibs plant based diet: Deliciously Ella How To Go Plant-Based Ella Mills (Woodward), 2022-08-18 THE NEW BOOK BY BESTSELLING AUTHOR, ELLA MILLS - FOUNDER OF DELICIOUSLY ELLA Despite the increasing number of people moving towards a plant-based diet, there are no clear, evidence-based mainstream books to help anyone looking to adopt this way of eating - either for themselves, or for their family. It can be overwhelming to switch to a plant-based diet, and you may have no idea where to start. Thankfully Ella Mills and her team at deliciously ella have done all the research for you. This book demystifies going plant-based, making it as easy, clear and delicious as possible, and features 100 new recipes to get you started on your plant-based journey. How to Go Plant-Based is not just filled with family-friendly recipes, it's also a practical guide incorporating Ella's own journey, alongside scientific research and data, plus insights and information from plant-based experts, including doctors and nutritionists. Ella debunks the common myths surrounding eating a plant-based diet, shares her experiences of cooking for her family and emphasises the importance of making a plant-based diet accessible to everyone - for health,

wellbeing, and the planet. The book features 100 plant-based recipes for the whole family to enjoy, with tips on adapting recipes for anyone weaning their little ones. The recipes will also feature the signature deliciously ella concepts we all know and love: quick, easy recipes that use familiar ingredients, recipes perfect for batch cooking, freezable options, easy pastas and one-pots for weeknight meals, and portable snacks and treats. It also features the top 20 FAQs to eating this way, as sourced from Ella's social media following.

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McGowan, 2022-04-14 □□□□□ 'This really is a good gut bible' - Goodreads review #1 Irish bestseller * Digestive problems * Bloating * Diarrhoea * Constipation * Pain Do you identify with these symptoms? Does your digestive system feel like your enemy? Is your unpredictable gut a source of embarrassment or fear, or is it holding you back? If you're a woman who's answered 'yes' to any of the above, you're not alone. More than two-thirds of people with IBS are female; other gut problems are also more common in women. And your needs are very specific. YOU NEED: Clear, accessible information about and insight into what female hormones can do to gut health YOU NEED: Expert guidance from a consultant gastroenterologist and a clinical dietitian and nutritionist YOU NEED: Stepped, manageable strategies to take control of your troublesome gut YOU NEED: A diet plan that focuses on your specific requirements, which is flexible, achievable and sustainable YOU NEED: Easy-to-follow recipes that are gut-friendly, delicious and restore your digestive health YOU NEED THIS BOOK! Professor Barbara Ryan and Elaine McGowan, RD, are The Gut Experts (@thegutexperts and www.thegutexperts.com) and have treated over 60,000 patients with every kind of digestive condition and nutritional requirement. They are bringing their expertise and insights to you in this easy-to-digest book.

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