



Irritable Bowel Syndrome (IBS)

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(IBS)

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► Genetics is thought to be a possible cause of IBS, but so far, this hereditary link has not been proven.

► Diet and IBS

What you eat and how you eat can affect the symptom of this condition.

► We have types of different diet

High-fiber diet, Low-fiber diet, Gluten-free diet, Elimination diet, Low-fat diet, Low FODMAP diet

► High-fiber diet

Fiber-rich foods, such as fruits, vegetables, and whole grains, are nutritious and help prevent constipation.

► Low-fiber diet

While fiber can help some people have IBS, if you have frequent gas and diarrhea, increasing fiber can make your symptoms worse. Focus on soluble fiber sources in products such as apples, berries, carrots, and oatmeal before eliminating fiber from your diet altogether.

► Gluten-free diet

Gluten is a protein found in cereal products such as bread and pasta. This protein can damage the intestines in people who are gluten intolerant. Some people with gluten intolerance or intolerance also experience IBS. In such cases, a gluten-free diet may reduce symptoms. barley, rye, and wheat from your diet to see if gastrointestinal problems improve.



► Elimination diet

An elimination diet focuses on avoiding certain foods for an extended period to see if your IBS symptoms improve. Like; coffee, chocolate insoluble fiber, nuts

► Low-fat diet

Instead of eating fried foods and animal fats, focus on lean meats, fruits, vegetables, whole grains, and low-fat dairy products.

► Low FODMAP diet

FODMAPs are carbohydrates that are difficult for the intestines to digest. It's important to note that not all carbohydrates are FODMAPs. For the best outcome, you have to remove the right kinds of foods. Foods to avoid include: lactose (milk, ice cream, cheese, yogurt), certain fruits (peaches, watermelon, pears, mangoes, apples, plums, nectarines), legumes, sweeteners, high-fructose corn syrup, certain vegetables (artichoke, asparagus, broccoli, onions, brussels sprouts, cauliflower, mushrooms)



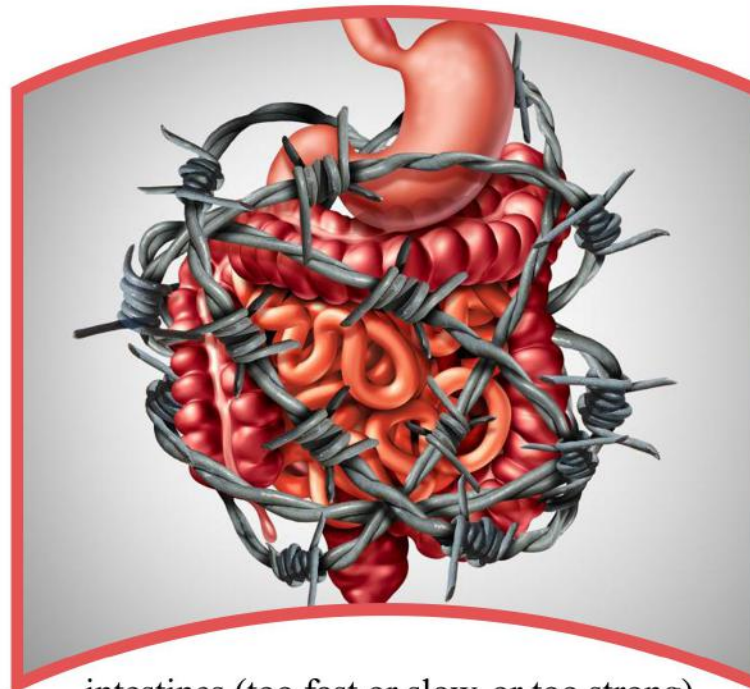
Irritable Bowel Syndrome (IBS)



of the digestive system that results in the collection of symptoms referred to as IBS, meaning that it is a problem with the movement (motility) rather than any damage to the tissues of the digestive system.

► What causes IBS?

- Abnormal movements of the colon and small



intestines (too fast or slow, or too strong)

- Hypersensitivity to pain from a full bowel or gas

- Food sensitivities, possibly caused by poor absorption of sugars or acids in food
- Gastroenteritis ("stomach flu" or "stomach bug"), a viral or bacterial infection of the stomach and intestines, may trigger IBS symptoms
- Psychological conditions such as anxiety or depression are observed in many people with IBS, though these conditions are not a direct cause of IBS.
- Reproductive hormones or neurotransmitters may be off-balance in people with IBS.

Irritable bowel syndrome, or IBS, or spastic colon, is a type of gastrointestinal disorder. IBS

► symptoms and signs include:

- Abdominal pain, Altered bowel habits, Increased gas, Bloating (distention), Cramping, Food intolerance.

The exact cause of irritable bowel syndrome is unknown and may be due to multiple factors.

► What is IBS?

Irritable bowel syndrome is a gastrointestinal disorder characterized by the presence of a cluster of symptoms and signs in adults or children that include cramping, abdominal pain, increased gas, altered bowel habits, food intolerance, and bloating (distention). Irritable bowel syndrome is a "functional" disorder. This term refers to the changes in the functioning