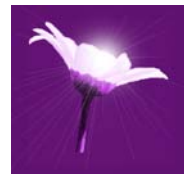


The Nutritional Management of Irritable Bowel Syndrome



Irritable bowel syndrome is believed to affect between 10 & 20% of the adult population. It is a functional disorder of the large intestine and occurs as a result of the normal muscular contraction (peristalsis) in the bowels becoming uncoordinated and erratic. This can result in Gas becoming trapped causing Bloating & Pain which is usually relieved by a bowel movement.

The typical symptoms include: Abdominal Pain, Distension of the Abdomen, Constipation or Diarrhoea or both, (loose, frequent bowel movements usually occur in the morning), Relief of Pain with bowel movement, Wind. In women symptoms may become worse before and during menstruation. Diagnosis is often made through exclusion of other bowel conditions. IBS is one of the most common causes for sickness absence from work.

Soluble fibre such as that provided by brown rice, quinoa, oats, barley & in the supplement Psyllium Seed Husks for example, are particularly useful in the treatment of Irritable Bowel Syndrome because soluble fibre ameliorates both the constipation & diarrhoea associated with the condition. Because soluble fibre can hold a very large amount of fluid, it can draw fluid into the bowel. If the IBS sufferer is experiencing constipation, the fluid drawn into the bowel helps to bulk the stool making it easier to pass. If taken when diarrhoea is present, soluble fibre helps to absorb the fluid in the bowels and therefore eases diarrhoea.

Insoluble fibre includes some very important foods which support good health, but which can cause symptoms for those with IBS. Such foods include for example wholegrain products, all types of bran, seeds, nuts, beans & lentils, & some fruit & vegetables.

These need to be eaten with caution if you suffer from IBS. The easiest way to keep track of which foods cause symptoms is through keeping a food diary, & through gradually increasing those foods which cause the least difficulty. Also applying alternative cooking methods helps. Your nutritionist will be able to advise you on this.

WHAT CAUSES IBS?

There is no single cause for IBS. Causes & contributing factors vary from person to person & for many sufferers more than one single factor contributes to the development of the condition. However, up to two thirds of people with IBS are found to have a food sensitivity and the most common culprits include wheat & dairy products, corn, coffee, tea, citrus fruits, and chocolate.

The most common contributing factors:

- ◇ Food Sensitivity
- ◇ Lactase Insufficiency
- ◇ Dysbiosis, Candidiasis, Parasites, GI Tract Infections
- ◇ Increased Intestinal Permeability (leaky gut)
- ◇ Stress
- ◇ Low Fibre, High Sugar Diet
- ◇ Food Additives (ie Carageenan)
- ◇ Processed Foods

TESTS & STRATEGIES TO IDENTIFY CONTRIBUTING FACTORS

Your Nutritionist may recommend certain tests to help identify which factors are contributing to IBS in your particular case. For example, if infection, parasites, dysbiosis or candidiasis albicans is suspected the Comprehensive Digestive Stool Analysis test may be recommended. If food sensitivity / allergy is suspected IgG & IgE allergy/sensitivity testing may be advised. Alternatively keeping a food diary and excluding certain foods from the diet may be recommended. Often digestive enzymes can help with enzyme deficiencies. Intestinal Permeability screening may also be recommended.

A skin prick test is a valuable first step in obtaining a simple yes or no response to whether food sensitivity is a factor.

Some Nutritional Guidelines

- Increase intake of soluble fibre ie Brown Rice, Oats, Rice Cereals, Quinoa, Rice & Vegetable Pasta or Corn Pasta, Barley & Certain Fruits & Veg
- Gradually increase intake of insoluble fibre over time (ie wholegrains, seeds, beans, lentils), & keep a food diary to note any symptoms.
- Increase intake of foods rich in Calcium & Magnesium to support normal muscular contractions in bowel.
- Ensure adequate dietary chromium, magnesium & vitamin C to support the adrenal glands, liver & pancreas
- Reduce stimulants, saturated fat and sugar
- Increase Essential Fatty Acids from fish,
- Reduce refined carbohydrates & high GI foods
- Increase intake of complex carbohydrates & low GI foods
- Increase water intake

In addition to planning your diet to minimise the effects of IBS, your Nutritionist will also be able to advise which of the above supplements may benefit your health based upon which particular factors are contributing to your IBS.

Supplements That May Help Alleviate IBS

Psyllium Husk Powder
Magnesium & Calcium
Pre & Probiotics
Digestive Enzymes
Betaine Hydrochloride

Gamma-Oryzanol
Candistatin
Vitamin C
Fennel Seed Extract
Cramp Bark Extract

For More Information or to Book a Nutrition Consultation call

Anne-Marie Mizon
MSc BSc (Hons) RN Dip ION mBANT

0208 789 4362
annemarie@well4ever.com