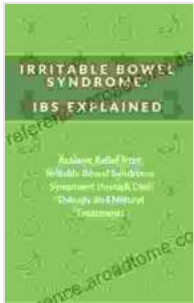


# Achieve Relief From Irritable Bowel Syndrome Symptoms Through Diet Therapy



**Irritable Bowel Syndrome: IBS Explained: Achieve Relief from Irritable Bowel Syndrome Symptoms through Diet Therapy and Natural Treatments (Natural treatments, ... and nutritional supplements to cure IBS)**

by Richard A Driscoll O.D.

★★★★☆ 4.3 out of 5

Language : English  
File size : 843 KB  
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Screen Reader : Supported  
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Irritable bowel syndrome (IBS) is a common disorder that affects the large intestine. Symptoms of IBS can include abdominal pain, cramping, bloating, gas, and diarrhea or constipation.

While there is no cure for IBS, diet therapy can help to relieve symptoms. The goal of diet therapy is to identify and avoid foods that trigger symptoms.

## What Foods Trigger IBS Symptoms?

There is no one-size-fits-all answer to this question, as different people react differently to different foods. However, some common IBS triggers include:

- FODMAPs (fermentable oligosaccharides, disaccharides, monosaccharides, and polyols)
- Gluten
- Dairy products
- Caffeine
- Alcohol
- Spicy foods
- Fatty foods

## **How to Follow a Diet Therapy for IBS**

If you think you may have IBS, it is important to see a doctor to get a diagnosis. Once you have been diagnosed with IBS, your doctor can help you develop a diet therapy plan that is tailored to your individual needs.

In general, a diet therapy plan for IBS will involve:

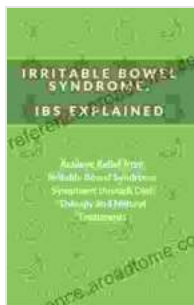
- Identifying and avoiding trigger foods
- Eating a healthy diet that is high in fiber and low in FODMAPs
- Taking probiotics
- Managing stress

## **Benefits of Diet Therapy for IBS**

Diet therapy can be an effective way to relieve IBS symptoms. Studies have shown that diet therapy can:

- Reduce abdominal pain
- Decrease bloating
- Improve bowel habits
- Increase quality of life

If you are suffering from IBS, diet therapy may be a helpful way to relieve your symptoms. Talk to your doctor to learn more about diet therapy and whether it is right for you.



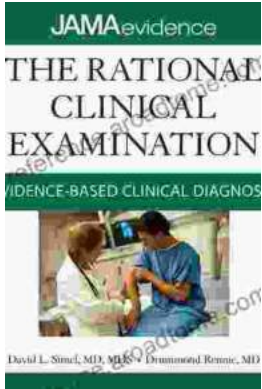
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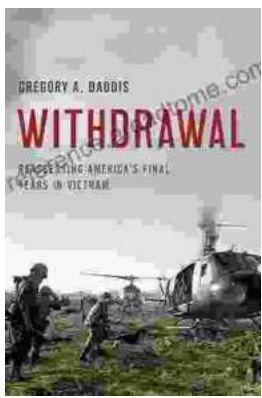
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