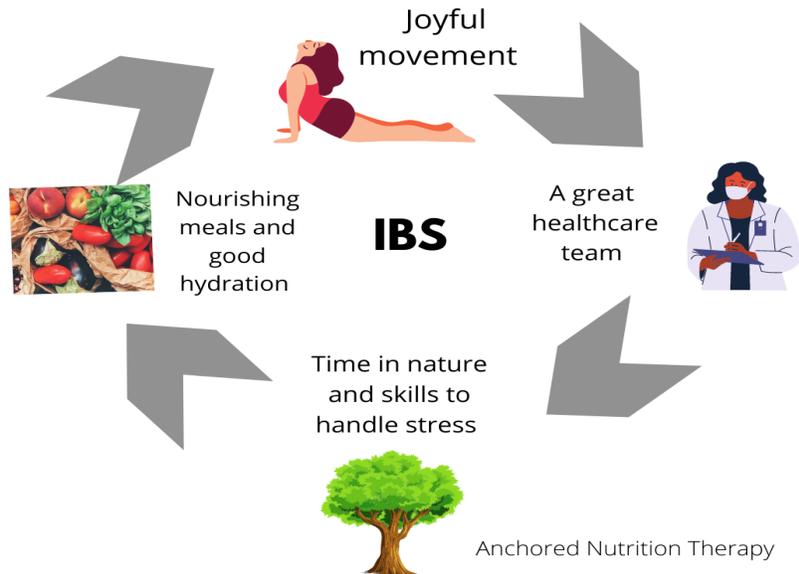


Resources for Gut Health

**IBS needs a whole person approach
it's all connected**



More and more research shows our gut is vital for our overall health. Our digestive tract helps digest and absorb nutrients, which are then used by the body. The large intestine is also home to bacteria known as our microbiome these bacteria help break down non digestible fibers and make neurotransmitters like serotonin and vitamins thiamine, folate, biotin, riboflavin and pantothenic acid and it is estimated that up to 50 percent of your vitamin K is made by gut bacteria. Research is showing that when the type and amounts of bacteria get out of balance known as dysbiosis this can adversely affect our health. Eating a diet with lots of fiber from fruits and vegetables, seeds, nuts and whole grains, also fermented foods and probiotics (sauerkraut, kefir, yogurt, kimchi and kombucha). Help to feed these bacteria.

It is important to stay hydrated and sit on the toilet properly. A stool under your feet can help with passing bowel movements, a balanced diet, managing stress and moving for fun will help us feel our best.

In Folks with IBS FODMAPs (Fermentable, Oligosaccharides, disaccharides, monosaccharides and polyols) non digestible carbohydrates are not always well tolerated and can cause symptoms. The Low FODMAP protocol has three phases in phase one FODMAPs are removed and then slowly reintroduced to find triggers. It is vital folks with IBS work with a dietitian and focus on whole person health as many factors can affect IBS- sleep, stress and anxiety, activity, diet and nutrition.

Its fun to learn about gut health and our amazing bodies some great books are -

Gut: The Inside Story of Our Body's Most Underrated Organ by Giulia Enders

Love Your Gut: Supercharge Your Digestive Health and Transform Your Well-Being from the Inside Out by Dr Megan Rossi.

The The Bloated Belly Whisperer: See Results Within a Week and Tame Digestive Distress Once and for All by Tamara Tucker Freuman is also a great resource explaining how the digestive tract works and symptoms and possible diagnosis covering gastroparesis, IBS, bloating and more.

For IBS -

The Low-FODMAP Diet Step by Step: A Personalized Plan to Relieve the Symptoms of IBS and Other Digestive Disorders -- with More Than 130 Deliciously Satisfying Recipes by Kate Scarlata and Kata Scarlata's website it has great blog, podcasts and resources she is great to follow on social media for up to date research also.

The IBS Elimination Diet and Cookbook: The Proven Low-FODMAP Plan for Eating Well and Feeling Great by Patsy Catsos, this one in particular is very detailed and has pantry lists, meal plans and step by step processes for the reintroduction part. Patsy also has a helpful website.

The Spicy RD has some low fodmap recipes and the BBC.

The Monash University website has wonderful blog posts and shares the latest research on IBS and the app its a fantastic tool, it has a food directory to look up foods with serving size, I often share this with clients and a food diary that is useful for the reintroductions.

Some fantastic podcasts on gut health include -

Lets Gut Real with Andrea Hardy

Take Control - a podcast for people with IBS with Kristen Jackson

The Gut Loving podcast with Laura Tilt

I will often tell clients to look up the authors listed above on podcast apps and listen to interviews with them.

The key is to look at health holistically and know that the gut communicates with the brain, stress can play a role and using breathing techniques, therapy and mindfulness practices and time in nature will also positively affect both IBS symptoms and gut health. IBS is known as a disorder of the gut brain interaction.

Working with a monash trained registered dietitian can make all the difference to support you on your journey.