



Irritable Bowel Syndrome (IBS)

Irritable Bowel Syndrome (IBS) is one of the most common gastrointestinal disorders, with a prevalence estimated at between 10-20% (Nice, 2008)

The most common symptoms are bloating and/or wind, diarrhoea and/or constipation, abdominal pain and a feeling of urgency. Depending on how severe the symptoms are, IBS can be extremely debilitating and can greatly affect a person's quality of life.

First line advice remains the same:

- Eat regular meals
- Relax and take time to eat
- Reduce your intake of stomach irritants such as alcohol, tea, coffee and fizzy drinks
- Take regular exercise

Latest research also provides more specific dietary advice, tailoring advice according to current symptoms. Focus is on adapting fibre intake and reducing resistant starches. The benefits of linseeds were also discussed in relation to reducing wind and bloating.



How to spot bad dietary advice.

It's that time of year again when many people who are overweight start thinking about dieting. In 2004 the British Dietetic Association found that 1/3 of people quizzed ended up heavier than their original weight only weeks after dieting.

Does this sound all too familiar? There are common claims that are made and these are the ones to watch out for.

Stay away from diets that.....

1. Promise a quick fix
2. Promote the avoidance or severe restriction of certain major food groups
3. Promote eating only one type of food i.e cabbage soup!
4. Recommend you take 'magical' fat burning drugs or large volumes of nutritional supplements
5. Suggest easy rapid weight loss
6. Recommend eating foods only in particular combinations
7. Make claims that sound too good to be true!

If you would like to get nutritional advice you can trust from a State Registered Dietitian then speak to Julia who runs 3 and 6 month weight management programs throughout Gloucestershire. Ring Julia on 07788814988 for your FREE 15 minute consultation to see how her programs could help you.