



4 REASONS WHY YOU'RE NOT FINDING RELIEF FROM TBS

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HI, I'M VANESSA HUMMEL

Hi, I'm Vanessa, an IBS and FODMAP expert Accredited Practising Dietitian. I help women take control of their IBS and break free from bloating, constipation and diarrhoea without feeling confused or overwhelmed.

Having IBS myself for over 20 years and struggling with **painful bloating, stomach pain, and alternating constipation and diarrhoea** for over 10 years before I was finally diagnosed, I've had my fair share of ups and downs when it comes to relieving my symptoms and managing my IBS. The one thing I know for certain is that you don't have to live with debilitating symptoms that stop you from living your life.

Over the years I have really sat down and thought about the reasons why I was unsuccessful with managing my IBS. These are also the reasons I see with my clients, but the **good news** is that they are easy to fix. Let's get into it!



NOW LET'S BREAK DOWN THE TOP 4 REASONS WHY YOU'RE STILL NOT FINDING RELIEF, STARTING WITH NUMBER 4:

4 TAKING UNNECESSARY SUPPLEMENTS

Just curious, how much money have you spent on supplements that are supposed to “cure” your IBS, but haven’t and only left your symptoms worse than when you started?

- There are so many available and way too many to mention, but these include probiotics, prebiotics and digestive enzymes.
- There is limited evidence for their use in IBS and they can actually interfere with results when you are trying to identify which foods cause your symptoms.
- Many also have high FODMAP ingredients or gut irritants, which cause bloating, stomach pain and diarrhoea and in some people with IBS, supplements, particularly probiotics, can make symptoms worse.

WHAT CAN YOU DO INSTEAD?

Stop wasting your valuable time and money on expensive supplements and focus on whole foods. Yes, that’s right, you can get all the nutrients your body needs to function from food, even probiotics and prebiotics which are important for gut health.

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CUTTING OUT GLUTEN UNNECESSARILY

I know Google may be telling you that you need to go gluten-free and that gluten-free is the answer to relieving your symptoms, but...

- You may not realise that gluten does not need to be avoided to manage your IBS unless you have been diagnosed with coeliac disease.
- A lot of gluten-free foods have high FODMAP ingredients, so it makes it confusing to try and identify what foods cause your symptoms because you think you are managing them by going gluten-free, so you do not consider other ingredients in gluten-free products.
- Gluten does not cause inflammation in your body if you do not have coeliac disease.

WHAT CAN YOU DO INSTEAD?

Visit your doctor and ask for coeliac screening blood tests to investigate if you have coeliac disease before eliminating gluten from your diet unnecessarily.

You can also follow the FODMAP diet to see if a FODMAP group called "fructans" is causing your symptoms as these are often found in gluten-containing foods.

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FOLLOWING RESTRICTIVE DIETS THAT CUT OUT COMPLETE FOOD GROUPS

I know you felt lost and confused and you thought just cutting out complete food groups like grains or dairy might be the answer.

- This can cause dysbiosis, which is an imbalance in your gut microbes.
- This can make IBS symptoms including stomach pain, bloating, constipation and diarrhoea worse.
- This makes it really hard to identify what foods cause your symptoms because you are likely to be experiencing more severe and frequent symptoms than you usually would.

WHAT CAN YOU DO INSTEAD?

Focus on adding more food in, rather than taking them away.

Aim to include at least 30 different plant-based foods in your diet each week.



FOLLOWING THE LOW FODMAP DIET FOR TOO LONG WITHOUT MOVING ON TO THE REINTRODUCTION PHASE

You may have heard about the FODMAP diet, and you may be thoroughly confused and overwhelmed, that is why I'm here!

- The FODMAP diet actually has 3 phases, but many people stay on the low FODMAP phase for too long.
- This can be restrictive, so following it for more than 6 weeks can lead to you not getting all the nutrition you need.
- FODMAPs also contain fibre and are natural prebiotics. Being on the FODMAP diet long-term means that you may struggle with getting enough fibre each day. This can lead to constipation and poorer gut health, which is why it is important to complete the reintroduction phase.
- If followed for too long it can create fear around food and cause anxiety, particularly around eating out, which can cause you to cancel plans with friends and become isolated and can even lead to disordered eating.

WHAT CAN YOU DO INSTEAD?

Get personalised support from an IBS Dietitian who will be able to guide you step by step through how to complete the 3 phases of the FODMAP diet correctly so you can identify what foods cause your symptoms while enjoying the foods you love.

FEEL LIKE YOU'RE MAKING ANY
OF THESE MISTAKES, BUT ARE
NOT SURE HOW TO FIX IT?

APPLY FOR A FREE
STRATEGY CALL HERE



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