



IBS ESSENTIALS PART 1

Your workbook to master
IBS nutrition.

Hey, I'm Lauren!



Hi there, I'm Lauren, a Registered Dietitian and author with Irritable Bowel Syndrome (IBS). I was diagnosed in 2014 and used nutrition and the low FODMAP diet to manage symptoms and identify food triggers. I believe no one should have to suffer alone with IBS. For the past five years I've written about IBS and helped thousands of people learn about the low FODMAP diet. I have a Master of Public Health in nutrition and I'm registered with the College of Dietitians of Alberta. My favourite things include raspberries, tea, yoga, reading and corgis!

Let's get started!

How to use this workbook

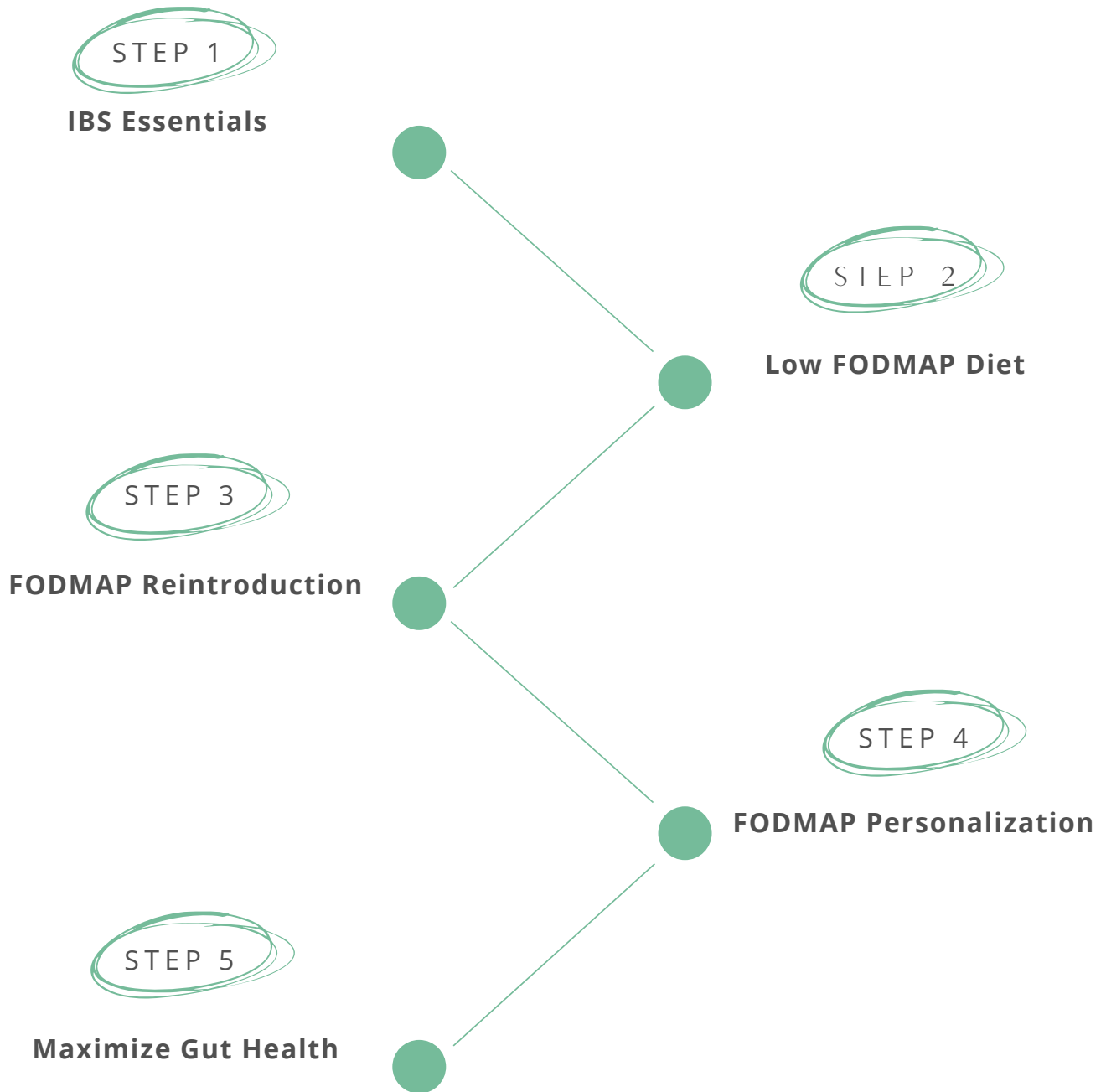
This workbook will help guide you through the IBS Nutrition Made Simple 5-step process. The goal by the end of your journey is to feel confident you can manage your IBS symptoms, eat well and feel great!

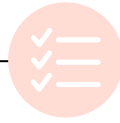
There will be a workbook for each step of the process. Every workbook will contain a checklist at the beginning, followed by key information summaries and Action Steps for each lesson. You can complete the lessons and workbook at whatever pace is best for you. Make sure to complete each Action Step before moving onto the next lesson.

Ready to get started? Let's go!

IBS Nutrition Made Simple

5 Step Plan





Step 1 : IBS Essentials

Introduction

What is IBS

Diagnosis

Treatments

Nutrition for IBS - C/D/M/U

Supplements

What is IBS

IBS stands for **Irritable Bowel Syndrome**. It is a common functional gut disorder which includes irregular bowel movements and digestive symptoms

IBS can feel very lonely, even though it is so common. Approximately **1 in 10 people** worldwide have IBS, and females are 3x more often diagnosed.

Every person with IBS has a different combination of symptoms. The most **common symptoms** include:

- Altered bowel movements (constipation or diarrhea)
- Abdominal pain/cramping
- Gas
- Bloating (pressure in abdomen)
- Distension (growing of waistline)

Other symptoms include urgent bowel movements, feeling of incomplete emptying, difficulty sleeping, acid reflux and depression and/or anxiety.

Tell your **doctor** if you experience any of the following: unintentional weight loss, vomiting, blood in stool, anemia (low iron), or skin rashes. These are not typical for IBS and may be a sign of a different disease.



What is IBS

ACTION STEPS

- List all of your IBS symptoms here.

- Highlight any symptoms you should tell your doctor about.
- Start tracking symptoms daily (use the separate food and symptom journal, or an app)



IBS Diagnosis

There are **four subtypes** of IBS based on stool consistency.

IBS - C

= Constipation at least 1 in 4 stools

IBS - D

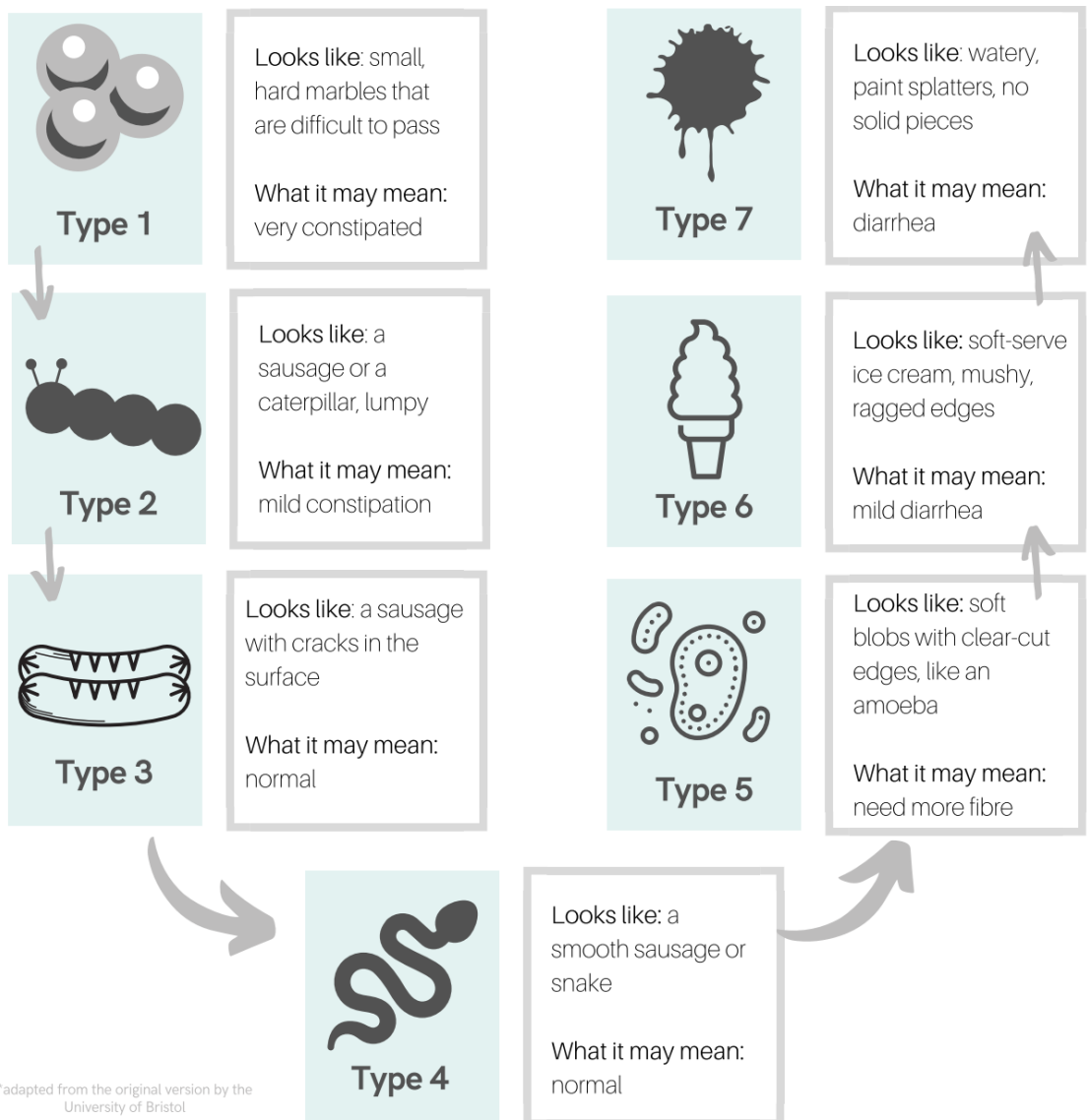
= Diarrhea at least 1 in 4 stools

IBS - M

= Constipation at least 1 in 4 stools AND Diarrhea at least 1 in 4 stools

IBS - U

= Constipation or diarrhea less than 1 in 4 stools



*adapted from the original version by the University of Bristol

Disclaimer: the information provided is not intended as medical advice or to diagnose or treat a medical disease. It is strictly for informational purposes. Consult with your medical provider before implementing any dietary changes, the information provided does not replace medical advice provided by your healthcare provider.

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IBS Diagnosis

There are many **factors** that might increase the risk of developing IBS.

NEUROTRANSMITTERS

HORMONES

FOOD
POISONING

GI INFECTION

TRAVELLER'S
DIARRHEA

Causes

- Exact cause is unknown

INTESTINAL
DYSBIOSIS

STRESS

SURGERY

ANTIBIOTICS

MEDICATIONS

FOOD
INTOLERANCES

Certain factors may worsen IBS symptoms, such as:

- Hormones/PMS
- Stress and mental health disorders
- Food allergies or intolerances
- Certain medications and supplements
- Reflux

Remember: it is possible to manage IBS symptoms and feel good!

IBS Diagnosis

ACTION STEPS

- Get a diagnosis from your doctor. Make a list questions to ask:

- Identify your IBS subtype and write it here:



- List any factors you think may be influencing your IBS symptoms

IBS Treatment

There are four main **categories** of IBS treatments:

1. Medication
2. Therapies
3. Supplements
4. Lifestyle

Medications can help treat individual symptoms. Certain medications may make IBS symptoms worse. Discuss options with your doctor or pharmacist.

Therapies that have been proved to help IBS symptoms include:

- Stress management
- Talk therapy
- Pelvic floor physiotherapy
- Gut-directed hypnotherapy

Supplements cannot replace food, but certain supplements may help with specific symptoms. Discuss options with your pharmacist.



Lifestyle factors that influence IBS include exercise, reducing substances, toilet posture and nutrition.

IBS Treatment

Exercise is not only great for overall health, but also helpful for having regular bowel movements. It may be particularly good for improving constipation and stimulating a bowel movement.

Substances including alcohol, nicotine and other drugs can irritate the gut and worsen symptoms. Limit these as much as possible.

Good **toilet posture** can make passing stool easier. The basics are to relax, lean forward a bit and raise your knees above hips using a stool or other prop (e.g., squatty potty). Talk to a pelvic floor physiotherapist for more details.

Nutrition is key for IBS, but it still isn't a cure. There isn't any "one-size-fits-all" diet, and nutrition recommendations will change based on IBS subtype.

Start with basic nutrition changes before attempting an elimination style diet. It is possible to eat delicious foods while managing symptoms!





IBS Treatment Part 2

This course focuses on options for relieving IBS symptoms for the long-term. When you are having a flare up of IBS symptoms, here are some simple short-term options that may help you feel better.

- **Rest.** Give yourself permission to take time to relax and recover.
- **Meditation.** Mindfulness activities like meditation may help to reduce pain and calm the gut.
- **Heat.** Applying heat to the abdomen may help to reduce cramping and stress. You could try a heating pad or a bath.
- **Water or tea.** Stay hydrated by sipping on water or tea. Some people find warm tea to be extra soothing.
- **Peppermint.** Peppermint can help to decrease gut cramping. Try peppermint tea or encapsulated peppermint oil.
- **Ginger.** Ginger is particularly good for nausea. Try ginger tea or ginger supplements.
- **Gentle foods.** Temporarily limit your diet to gentle foods.
- **Exercise or stretching.** Gentle movement may help to calm the gut. Exercise is particularly good for constipation.
- **Distraction.** Get your mind off IBS symptoms by distracting yourself (e.g., reading, watching tv, talking to friends, etc.)
- **Medications.** Talk to your doctor or pharmacist about medication options (e.g., antidiarrheal, laxative, antigas, etc.)

IBS Treatment

ACTION STEPS

- Review medication options with your doctor and/or pharmacist
- Consider therapy options you may want to try
- Choose your next lessons based on IBS subtype
 - IBS-C Nutrition
 - IBS-D Nutrition
 - IBS-M Nutrition
 - **or** IBS-U Nutrition



Great job so far! It's time to move onto the
IBS Essentials Workbook Part 2.

Choose your workbook based on your IBS subtype - C, D, M or U.