

A man and a woman are sitting at a table in a kitchen, smiling at each other. They are both wearing white t-shirts. The woman is holding a glass of milk, and the man is holding a glass of orange juice. There are plates of food on the table, including eggs, tomatoes, and lettuce. The background shows a white brick wall and a wooden countertop with a kettle.

Get a Good Gut

Welcome!

Hi, I'm Andrea

- Co-founder of Nutrition Academy
- Owner of Ignite Nutrition
- Registered Dietitian
- ... and, I have IBS myself





Our Story

Ignite Nutrition

Our Mission is to empower patients to take charge of their health through authentic connection, evidence based nutrition, a holistic ‘360’ of ALL aspects of wellness & coordination of care.



Why 'Get a Good Gut' was created

Our Goal:

- Improve access to accurate information
- Help patients take charge of their care
- Reduce barriers to IBS information
- Change the landscape of discussion around IBS

OUR PLAN

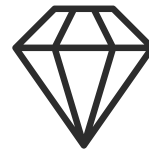
Set yourself up for success!

- Get your doctors approval to make dietary changes
- Schedule 1 hour for each week for the next 8 weeks
- Be wary of black and white thinking
- Journal the process



WEEK 1 - 4

The first four weeks are focused on the Nutrition & Stress pillars of IBS management. We will be implementing the elimination phase of the low FODMAP diet, getting enough fibre in, and working on the gut brain connection.



WEEK 5 - 7

We are continuing with the nutrition pillar and moving on to the reintroduction phase of the low FODMAP diet. We will be providing information about the medication management pillar to round out your knowledge, and discussing lifestyle factors.



WEEK 8 & BEYOND

This week we continue with the nutrition pillar by discussing what a modified low FODMAP diet will look like for you. We will be incorporating the gut microbiota pillar, and discussing the long term plan as well as next steps if you did not get adequate symptom relief.

A photograph of a bowl of yogurt topped with fruit and granola, and a passion fruit, with a white brushstroke graphic overlaying the image.

Assignment

1. Review the plan with your doctor
2. Schedule time to complete assignments
3. Do the 'Symptom Questionnaire' Baseline
4. 3 Day Food Journal
5. 'Your Story' writing assignment