

April INFO BITE

CHANGING YOUR LIFESTYLE ONE BITE AT A TIME!

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DietSense



Ever considered that you are more than “just a bit bloated today”?

Many people relate with the above statement but few pause to consider if there is more to it.

What exactly is IBS??

IBS/Spastic Colon is an intestinal disorder often diagnosed based on symptoms. People suffering from IBS typically present with chronic excessive bloating, stomach pain/cramping, diarrhea, constipation or an alternating stool pattern.

IBS is usually treated by managing diet & lifestyle but some may need medication. Stress plays a great role in onset of symptoms so effort should be made to improve stress management.

Patients are usually referred by a GP or a gastroenterologist regarding typical symptoms. Dieticians highlight dietary factors that can help resolve the issue. More often than not the Big Three – lactose, gluten and gastric irritants are at the root cause of the problem. Diet modulation offers a huge relief as food often triggers onset – The answer? Therapeutic Bowel Program!

Not all bacteria are equal – did you know?

Research over the past 30 years have made an association between gut bacteria and obesity! Microbial changes in the human gut can be considered a factor involved in developing obesity. It is high time to take your gut health seriously!