

# Irritable Bowel Syndrome

## **Recommendation**

Take a short-course supplement of multi-strain probiotics (for at least 4 weeks).

Studies show a link between eating processed foods (e.g. cakes, sweets, biscuits, sugary cereals & drinks, desserts, white bread, scones, rolls, crisps etc) and IBS, so it is best to reduce them in your diet.

Also avoiding trigger foods (i.e. foods that you know cause you digestive problems) for a short period may also help.

**Note:** select a probiotic which has positive reviews or recommended by a pharmacist or health store.

**Results:** studies show a significant improvement in **50%** of cases.

**How it works:** improved digestion, rebalances gut flora.

**Side-benefits:** improved digestion may lead to better absorption of nutrients in the gut. Reducing processed foods in the diet may help lower risk of diabetes, cardiovascular disease and some cancers.

**References:** [healGB.com/ibs](http://healGB.com/ibs)

**Feedback:** if you try this approach and would like to provide feedback of your experience please let us know by email: [feedback\(at\)healGB\(dot\)com](mailto:feedback@healGB.com)

**Disclaimer:** the information in this leaflet is not intended to replace medical advice. Please check with your GP before trying alternatives.