

anti inflammatory diet for ibs

The Importance of an Anti Inflammatory Diet for IBS Management

anti inflammatory diet for ibs is a cornerstone in managing the often debilitating symptoms of Irritable Bowel Syndrome (IBS). This dietary approach focuses on reducing inflammation within the gut, a key factor contributing to the pain, bloating, gas, diarrhea, and constipation experienced by individuals with IBS. By carefully selecting foods that are known to possess anti-inflammatory properties and avoiding those that can trigger or exacerbate inflammation, people with IBS can significantly improve their quality of life. This comprehensive article will delve into the principles of an anti-inflammatory diet for IBS, explore beneficial food groups, identify trigger foods to limit, and provide practical strategies for implementation, offering a detailed roadmap to gut health and symptom relief.

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Understanding Inflammation and IBS

Irritable Bowel Syndrome (IBS) is a complex functional gastrointestinal disorder characterized by chronic abdominal pain, discomfort, and altered bowel habits. While the exact causes are not fully understood, chronic low-grade inflammation in the gut lining is increasingly recognized as a significant contributing factor. This inflammation can disrupt the normal functioning of the digestive system, leading to hypersensitivity of the nerves in the gut and altered gut motility.

Inflammation in the gut can be triggered by various factors, including stress, infections, and, crucially, certain dietary components. These dietary triggers can provoke an immune response in the intestinal lining, leading to increased permeability and the release of inflammatory mediators. An anti-inflammatory diet aims to counteract this process by providing nutrients that help to quell inflammation and by removing foods that incite it. This approach is not a one-size-fits-all solution, as individual responses to foods can vary greatly. However, the overarching goal remains consistent: to create a gut environment that is less inflamed and more conducive to healthy digestion.

Key Principles of an Anti Inflammatory Diet for

IBS

The core principle of an anti-inflammatory diet for IBS is to shift the body's internal environment away from a pro-inflammatory state towards a more balanced and healing one. This involves a strategic combination of nutrient-dense foods that actively combat inflammation and the elimination or significant reduction of foods that are known to promote it. It's about nourishing the gut lining and supporting the body's natural healing mechanisms rather than overwhelming them with irritants.

This dietary approach emphasizes whole, unprocessed foods and is often characterized by an abundance of fruits, vegetables, lean proteins, and healthy fats. The focus is on nutrient density, ensuring that every meal contributes essential vitamins, minerals, and antioxidants that can help to repair cellular damage and reduce oxidative stress, which is closely linked to inflammation. Furthermore, understanding individual sensitivities is paramount, as what is beneficial for one person with IBS might be problematic for another.

Identifying and Reducing Gut Inflammation

Reducing gut inflammation is the primary objective. This is achieved by understanding which foods contribute to inflammatory pathways and which actively work to reduce them. Foods high in sugar, refined carbohydrates, unhealthy fats, and artificial additives are often implicated in promoting inflammation. Conversely, foods rich in omega-3 fatty acids, antioxidants, and fiber can help to dampen inflammatory responses and promote a healthier gut microbiome.

The process often involves a period of elimination to identify personal trigger foods, followed by a careful reintroduction to determine tolerance levels. This personalized approach is crucial because the gut microbiome and individual sensitivities play a significant role in how one reacts to different foods. By systematically addressing inflammatory triggers, individuals can begin to experience a reduction in IBS symptoms.

Focusing on Nutrient-Dense Whole Foods

A cornerstone of this diet is the prioritization of nutrient-dense whole foods. This means opting for ingredients in their natural state, free from processing, artificial colors, flavors, and preservatives. Whole foods are packed with essential micronutrients, fiber, and beneficial compounds that support overall health and specifically target inflammation within the digestive system. These foods provide the building blocks for tissue repair and immune system regulation.

Examples of nutrient-dense whole foods include a wide variety of colorful fruits and vegetables, whole grains, legumes (if tolerated), lean meats, fish, nuts, and seeds. The diversity of nutrients found in these foods offers a broad spectrum of anti-inflammatory

benefits, contributing to a robust and resilient digestive tract. By making these foods the foundation of one's diet, individuals can effectively manage their IBS symptoms.

Foods to Embrace: The Anti Inflammatory Powerhouses

Incorporating a variety of anti-inflammatory foods into your diet is crucial for managing IBS symptoms. These foods are rich in antioxidants, fiber, and beneficial compounds that help to soothe the digestive tract and reduce inflammation. Prioritizing these nutrient-dense options can lead to a significant improvement in gut health and a reduction in common IBS complaints.

Leafy Green Vegetables

Leafy green vegetables are nutritional powerhouses, brimming with vitamins, minerals, and antioxidants that combat inflammation. Their high fiber content also supports healthy digestion. Examples include spinach, kale, Swiss chard, and romaine lettuce. These vegetables are versatile and can be incorporated into smoothies, salads, stir-fries, or lightly steamed.

Fatty Fish

Fatty fish, such as salmon, mackerel, sardines, and herring, are exceptional sources of omega-3 fatty acids. These healthy fats are renowned for their potent anti-inflammatory properties, helping to reduce inflammation throughout the body, including the gut. Aim to include fatty fish in your diet at least two to three times per week. If fish consumption is a challenge, omega-3 supplements derived from fish or algae can be considered, but always consult with a healthcare professional first.

Berries

Berries, including blueberries, strawberries, raspberries, and blackberries, are packed with antioxidants called anthocyanins. These compounds give berries their vibrant colors and possess strong anti-inflammatory effects. They are also a good source of fiber. Enjoy them fresh, frozen, or added to oatmeal and yogurt for a healthy and delicious treat.

Turmeric and Ginger

Turmeric, a vibrant spice, contains curcumin, a powerful anti-inflammatory compound.

Ginger is also well-known for its digestive benefits and anti-inflammatory properties. Both can be used in cooking, added to teas, or taken as supplements. It's often recommended to consume turmeric with black pepper to enhance curcumin absorption.

Nuts and Seeds

Nuts like almonds and walnuts, and seeds such as flaxseeds and chia seeds, are excellent sources of healthy fats, fiber, and antioxidants. They provide a satisfying crunch and can be added to meals or enjoyed as snacks. Be mindful of portion sizes, as nuts are calorie-dense.

Olive Oil

Extra virgin olive oil is a staple in the Mediterranean diet and is celebrated for its anti-inflammatory benefits. It contains oleocanthal, a compound with properties similar to ibuprofen. Use it for dressings, sautéing, or drizzling over cooked dishes.

Foods to Limit or Avoid: Potential IBS Triggers

While focusing on beneficial foods is important, equally crucial is understanding and limiting foods that can provoke inflammation and exacerbate IBS symptoms. These foods often contribute to gut irritation, disrupt the delicate balance of the gut microbiome, and can lead to increased sensitivity and discomfort. Identifying and minimizing these triggers is a key step in managing IBS effectively.

High-FODMAP Foods

FODMAPs (Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols) are short-chain carbohydrates that are poorly absorbed in the small intestine. For individuals with IBS, these can be rapidly fermented by gut bacteria, leading to gas, bloating, abdominal pain, and altered bowel habits. Common high-FODMAP foods include certain fruits (apples, pears), vegetables (onions, garlic), dairy products (milk, soft cheeses), wheat, rye, and artificial sweeteners like sorbitol and xylitol.

It is important to note that a low-FODMAP diet is typically a temporary elimination diet under the guidance of a registered dietitian or healthcare professional. The goal is not permanent restriction but rather to identify individual FODMAP triggers and then strategically reintroduce foods to expand dietary variety and ensure adequate nutrient intake. Overly restrictive diets can negatively impact the gut microbiome.

Processed Foods and Refined Sugars

Highly processed foods, refined grains, and foods laden with added sugars are notorious for promoting inflammation. These foods often lack essential nutrients and fiber, and their consumption can lead to rapid spikes in blood sugar, contributing to oxidative stress and gut irritation. Examples include sugary drinks, candies, pastries, white bread, and most pre-packaged snacks.

These items can also disrupt the gut microbiome, favoring the growth of less beneficial bacteria. By minimizing these, you create a more favorable environment for the beneficial microbes that support gut health and reduce inflammation.

Unhealthy Fats

Trans fats and excessive amounts of saturated fats found in fried foods, processed meats, and baked goods can contribute to systemic inflammation. While some saturated fats are necessary, an imbalance can negatively impact gut health. Opting for healthier unsaturated fats found in olive oil, avocados, and nuts is a better choice for those with IBS.

Artificial Sweeteners and Additives

Many artificial sweeteners, such as aspartame, sucralose, and saccharin, have been linked to digestive distress and can alter the gut microbiome in some individuals. Similarly, artificial colors, flavors, and preservatives found in many processed foods can irritate the gut lining and contribute to inflammation. Reading food labels carefully and choosing products with minimal additives is recommended.

Gluten and Dairy (for some individuals)

While not everyone with IBS is sensitive to gluten or dairy, a significant portion of individuals experience symptom exacerbation from these. Gluten, a protein found in wheat, barley, and rye, and lactose, the sugar in dairy products, can be difficult for some to digest and may trigger inflammatory responses. If you suspect these are triggers, a trial elimination and reintroduction under professional guidance can be helpful.

Practical Strategies for Adopting an Anti Inflammatory IBS Diet

Transitioning to an anti-inflammatory diet for IBS requires a structured and mindful

approach. It's about making sustainable changes that fit into your lifestyle and address your specific needs. The key is to start gradually, focus on consistency, and listen to your body's signals.

Meal Planning and Preparation

Effective meal planning and preparation are foundational to successfully adhering to an anti-inflammatory diet for IBS. By taking the time to plan your meals and snacks in advance, you reduce the likelihood of impulsive, less healthy food choices when hunger strikes. This also ensures that you have the necessary ingredients on hand, minimizing stress and effort during busy weekdays.

- **Weekly Menu Planning:** Dedicate time each week to plan your meals and snacks. Consider recipes that utilize anti-inflammatory ingredients and are low in common IBS triggers.
- **Grocery List Creation:** Based on your meal plan, create a detailed grocery list to streamline your shopping trips and avoid impulse purchases.
- **Batch Cooking:** Prepare larger quantities of staple foods like cooked grains, roasted vegetables, or lean proteins at the beginning of the week. These can then be easily incorporated into various meals throughout the week.
- **Portioning:** Portion out snacks and meals into individual containers for easy grab-and-go options, helping to manage portion sizes and prevent overeating.

Gradual Introduction of Changes

Making drastic dietary changes all at once can be overwhelming and may even lead to further digestive upset. A more effective approach is to introduce changes gradually, allowing your digestive system to adapt. This also helps in identifying specific food sensitivities more accurately.

- **Start with one or two meals:** Begin by focusing on making your breakfast or lunch anti-inflammatory for a week. Once you feel comfortable, expand to other meals.
- **Add one new beneficial food at a time:** Introduce a new anti-inflammatory food, like berries or fatty fish, and observe how your body responds before adding another.
- **Reduce one trigger food at a time:** If you are identifying multiple trigger foods, try eliminating one at a time for a period to assess its impact on your symptoms.

Reading Food Labels

Becoming adept at reading food labels is an essential skill for anyone following an anti-inflammatory diet for IBS. This allows you to make informed choices and avoid hidden inflammatory ingredients. Pay close attention to ingredient lists and nutrition facts.

- **Ingredient Lists:** Look for short ingredient lists with recognizable, whole food components. Be wary of artificial sweeteners, colors, flavors, and preservatives.
- **Sugar Content:** Check for added sugars, which are often listed under various names (e.g., high-fructose corn syrup, sucrose, dextrose).
- **Fiber Content:** Opt for foods with higher fiber content, particularly soluble fiber, which can be beneficial for IBS.

Mindful Eating Practices

How you eat is as important as what you eat. Mindful eating can significantly improve digestion and reduce IBS symptoms by promoting better nutrient absorption and reducing stress on the digestive system.

- **Chew Food Thoroughly:** Breaking down food into smaller particles makes it easier to digest. Aim to chew each mouthful at least 20-30 times.
- **Eat Slowly and Without Distractions:** Sit down to eat in a calm environment. Avoid eating while working, watching TV, or scrolling through your phone, as this can lead to rushed eating and indigestion.
- **Listen to Your Body's Hunger and Fullness Cues:** Eat when you are hungry and stop when you are comfortably full, rather than overeating.
- **Manage Stress Before Meals:** Practice deep breathing or a short meditation before eating to promote relaxation and optimize digestion.

Hydration and Lifestyle Factors

Beyond diet, several lifestyle factors play a crucial role in managing IBS and supporting an anti-inflammatory approach. Adequate hydration is fundamental to digestive health, and stress management techniques can profoundly impact gut function. Combining dietary changes with these habits creates a holistic strategy for symptom relief and improved

well-being.

Importance of Water Intake

Staying well-hydrated is essential for overall health, and it plays a particularly important role in digestive function for individuals with IBS. Water helps to move food through the digestive tract, softens stool, and prevents constipation, a common IBS symptom. Dehydration can exacerbate digestive issues and contribute to discomfort.

The general recommendation for daily water intake is around eight 8-ounce glasses, but individual needs can vary based on activity level, climate, and overall health. It's beneficial to sip water throughout the day rather than consuming large quantities all at once, which can overwhelm the digestive system. Herbal teas, like peppermint or ginger tea, can also contribute to fluid intake and offer additional digestive benefits.

Stress Management Techniques

The gut-brain axis is a well-established connection, meaning that stress and emotional well-being can significantly impact the digestive system and vice-versa. For individuals with IBS, stress can often trigger or worsen symptoms, including abdominal pain, cramping, and changes in bowel habits. Implementing effective stress management techniques is therefore a vital component of an anti-inflammatory IBS management plan.

Various techniques can be beneficial, including:

- Mindfulness and meditation
- Deep breathing exercises
- Yoga and gentle exercise
- Spending time in nature
- Engaging in hobbies and activities you enjoy
- Seeking support from friends, family, or a therapist

Regular practice of these techniques can help to regulate the body's stress response, calming the nervous system and promoting a more peaceful digestive environment.

Regular Physical Activity

Engaging in regular, moderate physical activity can have a positive impact on IBS symptoms. Exercise helps to stimulate gut motility, which can alleviate constipation and reduce bloating. It also contributes to stress reduction, further supporting the gut-brain connection. The key is to find an activity that you enjoy and can sustain consistently.

Gentle exercises like walking, swimming, cycling, or yoga are often well-tolerated by individuals with IBS. It's important to listen to your body and avoid overexertion, as intense exercise can sometimes trigger symptoms in sensitive individuals. Gradually increasing the duration and intensity of your workouts can help your body adapt.

Adequate Sleep

Quality sleep is fundamental for both physical and mental health, and it plays a significant role in regulating inflammation and supporting gut repair. Poor sleep can disrupt hormonal balance, increase stress hormones, and negatively impact the gut microbiome, all of which can exacerbate IBS symptoms. Prioritizing a consistent sleep schedule and creating a conducive sleep environment is crucial for overall well-being.

Aim for 7-9 hours of quality sleep per night. Establishing a relaxing bedtime routine, ensuring your bedroom is dark, quiet, and cool, and avoiding caffeine and heavy meals close to bedtime can all contribute to better sleep hygiene.

Conclusion

Embracing an anti-inflammatory diet for IBS is a powerful and evidence-based strategy for regaining control over digestive health and significantly reducing debilitating symptoms. By prioritizing nutrient-dense whole foods rich in antioxidants and healthy fats, and by consciously limiting or avoiding common inflammatory triggers like processed foods, refined sugars, and high-FODMAP ingredients, individuals can foster a calmer, healthier gut environment. This dietary shift, when combined with adequate hydration, stress management, regular physical activity, and sufficient sleep, offers a comprehensive and sustainable path towards improved digestion, reduced inflammation, and a higher quality of life for those living with IBS. The journey to symptom relief is often one of personalization, requiring patience and close attention to one's body's unique responses, but the rewards of a well-managed gut are immeasurable.

FAQ

Q: What are the main goals of an anti inflammatory diet for IBS?

A: The main goals of an anti-inflammatory diet for IBS are to reduce chronic inflammation in the gut lining, alleviate common IBS symptoms such as abdominal pain, bloating, gas, diarrhea, and constipation, and to promote a healthier gut microbiome by prioritizing

nutrient-dense, whole foods and minimizing inflammatory triggers.

Q: Can an anti inflammatory diet completely cure IBS?

A: An anti-inflammatory diet is a management strategy that can significantly improve symptoms and quality of life for many individuals with IBS, but it is not typically considered a cure. IBS is a complex condition, and while diet is a crucial component, other factors like stress and genetics also play a role.

Q: What are some of the most important anti inflammatory foods for IBS?

A: Key anti-inflammatory foods for IBS include leafy green vegetables (spinach, kale), fatty fish (salmon, mackerel), berries (blueberries, strawberries), turmeric, ginger, olive oil, nuts, and seeds. These foods are rich in antioxidants, omega-3 fatty acids, and fiber, which help to combat inflammation.

Q: Are there specific foods that should be avoided on an anti inflammatory diet for IBS?

A: Yes, certain foods can trigger inflammation and worsen IBS symptoms. These often include processed foods, refined sugars and grains, unhealthy fats (trans fats, excessive saturated fats), artificial sweeteners and additives, and for some individuals, high-FODMAP foods, gluten, and dairy.

Q: How long does it typically take to see results from an anti inflammatory diet for IBS?

A: The timeframe for seeing results can vary significantly from person to person. Some individuals may notice improvements in their symptoms within a few weeks, while for others, it may take several months of consistent adherence to the diet to experience noticeable benefits. Patience and consistency are key.

Q: Is a low-FODMAP diet considered an anti inflammatory diet for IBS?

A: A low-FODMAP diet is a specific dietary approach that can be helpful for some individuals with IBS by reducing fermentable carbohydrates that cause gas and bloating. While it can indirectly reduce inflammation by easing digestive stress, it is not inherently an anti-inflammatory diet. An anti-inflammatory diet focuses more broadly on foods that actively reduce inflammation throughout the body, with a low-FODMAP approach being a tool to identify specific triggers.

Q: Can I combine an anti inflammatory diet with other IBS management strategies?

A: Absolutely. An anti-inflammatory diet is most effective when integrated with other holistic management strategies. This includes stress management techniques, regular physical activity, adequate sleep, and proper hydration. Working with a healthcare professional or a registered dietitian can help tailor a comprehensive plan.

Q: Should I consult a doctor or dietitian before starting an anti inflammatory diet for IBS?

A: It is highly recommended to consult with a doctor or a registered dietitian before making significant dietary changes, especially if you have IBS. They can help diagnose your condition, rule out other potential health issues, guide you on identifying personal trigger foods, ensure you are meeting your nutritional needs, and help you implement the diet safely and effectively.

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anti inflammatory diet for ibs: Beat Your Irritable Bowel Syndrome (IBS) in 7 Simple Steps
Paul Jenner, 2018-03-15 This reassuring, practical and transformative guide is essential reading if you suffer from, or think you might be suffering from, IBS, an uncomfortable condition which can feel like it's running your life. This book will help you regain control. Beat Your Irritable Bowel Syndrome explains all the worthwhile therapies, helps you identify which one to try, and shows how to work with your doctor on defeating this distressing condition. It works through all the areas of your lifestyle which might be contributing, including diet and stress management, as well as making sure you have the right clinical support. It will give you strategies for immediate relief, along with showing how the latest research findings can offer long-term solutions, and explains the benefits of both well-known and less well-known therapies, including: - Exercise - Relaxation and hypnotherapy - Understanding the importance of balance in the gut. Change your life by picking up this book and making a plan to beat IBS.

anti inflammatory diet for ibs: Irritable Bowel Syndrome: The Complete Guide to Understanding and Managing IBS
Ethan D. Anderson, 2023-03-20 Irritable Bowel Syndrome (IBS) is a common condition that affects millions of people around the world. Symptoms include abdominal pain, bloating, and changes in bowel movements, which can cause discomfort and distress for those who suffer from it. Fortunately, there are many ways to manage IBS and reduce symptoms, and this is where Irritable Bowel Syndrome: The Complete Guide to Understanding and Managing IBS comes in. This comprehensive guide is an essential resource for anyone who has been diagnosed with IBS or suspects they may be experiencing symptoms. With a complete breakdown of what IBS is, its causes, and its symptoms, as well as practical strategies for managing symptoms and

improving overall health and wellness. The book begins with an introduction to IBS, including what it is, how it is diagnosed, and the different types of IBS. It then delves into the various causes of IBS, including diet, stress, and other factors, and provides you with actionable advice for identifying and addressing these underlying causes. The bulk of the book is dedicated to managing IBS, with detailed chapters on diet and nutrition, stress management, exercise, and other strategies for reducing symptoms and improving overall health. You will learn about the low-FODMAP diet, a popular dietary approach for managing IBS symptoms, as well as other dietary strategies, such as probiotics and fiber supplements. The book also covers stress management techniques, such as mindfulness and meditation, as well as the benefits of exercise for reducing symptoms. In addition to practical strategies for managing IBS, the book also provides you with helpful tips for coping with the emotional toll of the condition. Chapters on coping with anxiety and depression, building a support network, and seeking professional help provide you with the tools they need to manage the mental health aspects of IBS. The author also provides real-life examples of people with IBS who have successfully managed their symptoms, offering inspiration and hope to readers who may be struggling with the condition.

Irritable Bowel Syndrome: The Complete Guide to Understanding and Managing IBS is a must-read for anyone who wants to take control of their IBS symptoms and improve their overall health and well-being. With its comprehensive coverage of the condition and practical strategies for managing symptoms, this book is an essential resource for anyone who wants to live a full and healthy life with IBS.

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Another strategy for managing symptoms when you have both IBS and an autoimmune disease is to prioritize self-care. This may involve incorporating regular exercise into your routine, getting adequate sleep, and staying hydrated. Exercise has been shown to be effective in reducing inflammation and improving gut function, while sleep and hydration are essential for overall health and wellbeing.

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anti inflammatory diet for ibs: IBS: The Complete Irritable Bowel Syndrome Diet Guide for Total Symptoms Relief (Transform Your Health Manage Ibs and Other Digestive Disorders with Simple & Flavorful Recipes) Matthew Horton, 101-01-01 The IBS Guide goes beyond just providing information; it offers practical advice and guidance to help individuals regain control over their digestive health. Whether you are newly diagnosed with IBS or have been struggling with it for years or a healthcare provider who cares for patients with IBS, this book will equip you with the knowledge and tools to better manage IBS symptoms and improve the overall well-being of patients with IBS. In the pages of The Complete IBS Relief Diet Cookbook, you will discover: · Delicious healing recipes · Tailored dietary guidance · Holistic nutritional tips · Prevention strategies · And many more! IBS patient and veteran IBS health coach Amanda Malachesky to help you leave cookie-cutter prescriptions behind and create a personalized gut health protocol that matches your real-life needs. Using this life-changing information, you can find lasting relief from your IBS symptoms, even if you've been sick for years without success.

anti inflammatory diet for ibs: *The complete Anti-Inflammatory Diet Guide* Joyous Cook, 2024-10-17 The Complete Anti-Inflammatory Diet Guide: No Hassle Meal Plan to Enhance Immunity and Reduce Chronic Pain □ Comprehensive, Science-Backed Strategies to Combat Inflammation, Boost Your Immune System, and Alleviate Chronic Pain! □ Are you struggling with persistent inflammation, weakened immunity, or chronic pain? Ready to take control of your health without sacrificing flavor or spending hours in the kitchen? The Complete Anti-Inflammatory Diet Guide is your all-in-one resource for transforming your well-being through simple, delicious, and evidence-based dietary changes This guide is tailored for both beginners and those looking to refine their anti-inflammatory lifestyle, offering a stress-free approach to adopting this powerful dietary strategy. Whether you're dealing with autoimmune issues, joint pain, or simply aiming to optimize your overall health, this book provides you with the knowledge and tools to fight inflammation while savoring every meal.

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Syndrome Rita Lombardini, Luca Collebrusco, 2016-03-31 Gastrointestinal tract dysfunction such as Irritable Bowel Syndrome (IBS) is one of the most common intestinal complaints that prompts an individual to consult a doctor. However, ambiguities in defining it and slow accumulation of evidence on the benefits of treatment have made this syndrome notoriously difficult to diagnose and treat. Our goal has been to prepare a text that provide an overview of IBS and the main concepts and practice of osteopathy and nutrition. The result is a book, which presents IBS management using OMT, dietary modifications, and nutritional supplements according to current evidence-based literature. We have also added some appendices on practical applications which might then serve as a simple treatment plan for a broad range of healthcare professionals including osteopaths, physiotherapists, manual therapists, sports science graduates, massage and bodywork therapists and nutritionists, to reduce the chronic pain and inflammation that are associated with IBS.

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'A practical manual for your brain.' - Dr Megan Rossi, author of *Eat Yourself Healthy* A groundbreaking science-based guide to protecting your brain health for the long term. Whatever your age, having a healthy brain is the key to a happy and fulfilled life. Yet, for both young and old, diseases of the brain and mental health are the biggest killers in the 21st century. We all know how to take care of our physical health, but we often feel powerless as to what we can do to protect our mental well-being too. *How to Build a Healthy Brain* is here to help. Written by a passionate advocate for the importance of mental health, Chartered Psychologist Kimberley Wilson draws on the latest research to give practical, holistic advice on how you can protect your brain health by making simple lifestyle choices. With chapters on Sleep, Nutrition, Exercise and Meditation, Kimberley has written an empowering guide to help you look after both your physical and mental well-being. *How to Build a Healthy Brain* has been selected by the NHS as an important resource to empower and support as part of the Your Health Collection in libraries and prisons across the country. 'Finally, a book that puts the brain at the centre of the health conversation, where it belongs.' - Shona Vertue, author of *The Vertue Method* 'A psychologist, she runs a successful private clinic in central London, combining therapy with nutrition advice, and has just written her first (excellent) book, *How to Build a Healthy Brain*, about protecting our mental wellbeing through factors such as diet, sleep and exercise.' - The Times 'I love your book ... it made me equal parts really excited and passionate, and also pretty angry. The science is there but it isn't being translated. This is a huge area that affects us all ... your book is absolutely brilliant at explaining what we can do to look after our brain health.' - Ella Mills on *Deliciously Ella: The Podcast*

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