



Live your Fnspired Life

Low FODMAP Diet Coaching

Elimination Diet

How long does this last for?

It takes about 6-8 weeks. It depends on how confident you are that the symptoms have disappeared. This period gives the body a chance to heal after being irritated for so long.

What can't I eat?

During this phase, you have to eat a strictly low FODMAP diet. You must stay away completely from the moderately and high FODMAP foods. The exception is if you were able to eliminate one of the groups through the hydrogen breath test (fructose or lactose). Then you can eat from that group.

When should I no longer feel the FBS® symptoms?

You could feel relief almost immediately if FODMAPs have been causing your IBS without anything secondary going on. Otherwise, you should feel a degree of relief with some hiccups caused by the secondary issue. Either way, if you stick to the elimination diet, you will feel miles better by the end of the period.

How do I eat out during this period?

It is probably better not to eat out during this period because there is always the risk of something getting into your system which could set you back. It is a small sacrifice to make in order to reap huge benefits.

Can I drink alcohol?

Alcohol is something you should always have in moderation on this diet because it is gut irritant. If you can go without, it would be the best situation. If you can't, then the occasional ½ glass of dry white or red wine or a wee nip of whiskey, vodka or gin should be okay. Drink only while eating. But watch for a reaction and cut it out if there is one.



How do I stay on plan with such a hard diet?

This will take a certain level of organization and lots of support from your family and friends. You have to keep your eye on the prize and the rewards should buoy you along as you start to feel better for the first time in your life.

