

# *Live your Inspired Life*

Low FODMAP Diet Coaching

## Traditional Solutions for IBS

### *Will drugs help my IBS?*

There is no drug that reduces or cures IBS. The best you can hope for is help with the severity of some of the symptoms. It is well-known that drugs can help with diarrhea and constipation, and that spasms can be calmed with certain medicines but it is only masking the problems and could be causing more harm than good through the side effects.

### *Can a psychologist cure IBS?*

IBS is affected by a brain-gut disturbance so if the therapy takes this direction and is conducted by a therapist experienced in IBS, then considerable benefit can be gained from this approach.



*Inspired Life Coaching Program*

## *What nutritional advice do doctors give for FBS?*

IBS sufferers have always known that certain foods hurt them but doctors historically have given little information on nutrition to their patients. They will perhaps tell you to eat a healthy diet filled with fruit, vegetables and whole grains. Unfortunately, these are the very foods that are now recognized as being the major culprits in causing IBS symptoms.

## *Can't probiotics sort my FBS?*

There is much talk about taking daily probiotics (friendly bacteria) on the internet these days. They are certainly worth a try.

## *Can exercise benefit FBS?*

Again there is no proof, but mild to moderate exercise is good in general for the health and will be beneficial as long as it is not too vigorous.

## *Couldn't acupuncture help?*

There are conflicting studies on whether it helps or not. It is probably worth a shot. You might find some relief from it.

