

# Live your F-inspired Life

Low FODMAP Diet Coaching

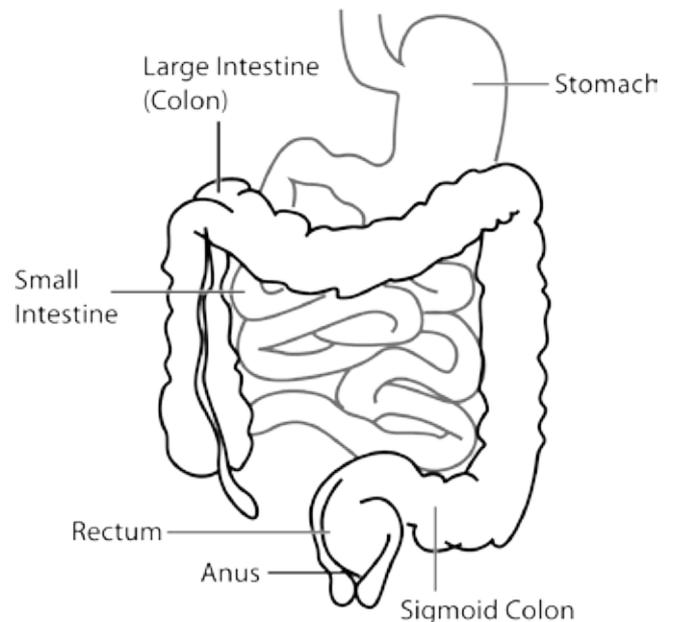
## What are the symptoms of IBS?

### *Why do I feel so bloated after eating?*

FODMAPs should be absorbed through the lining of the small intestine, but when an individual has difficulty doing this, the FODMAP continues on down to the large intestine where it is fermented by the bacteria which live there producing Hydrogen or Methane. This production of gas causes the bloating.

### *Why do I sometimes have diarrhea and sometimes constipation?*

Diarrhea is caused either by too much liquid entering the bowel or by food moving too fast through the bowel and there is no time for the normal drying out process to take place or the drying out mechanism could be hindered by inflammation of the colon. Constipation is caused either by too little liquid or by too much drying-out because the contents of the bowel are moving too slowly or because you haven't gone to the toilet as soon as you feel the urge.



## *Why can I eat a certain food in the morning and have no problem but the same food causes symptoms in the afternoon?*

FODMAPS accumulate in the body until they are released through going to the toilet. You will feel much better after a toilet visit and that's why. You have zeroed out the bad guys and can start accumulating again. So it's a delicate balancing act to keep the FODMAPs low enough in the digestive system to avoid the bloating and yet high enough to get the nutrition you need to survive. Not an easy one but it can be done.

## *Why don't the so-called healthy foods make me feel good?*

For most people, including the 'experts', healthy food means fruit, vegetables, beans and whole grains (although the Paleo world would disagree with the last one). All three of those can be problematic for those with an intolerance to any or all of the FODMAPs. All fruits and vegetables contain fructose and many contain fructans and



polyols, which can cause problems. Some are lower in these substances than others and so can be tolerated in small helpings. Whole grains, in particular wheat, rye and barley, are high in fructans while beans contain fructans and GOS (galacto-oligosaccharides) – these are not at all good for us.

## *How do I reduce or eliminate these symptoms?*

By following the FODMAP elimination diet for 6 weeks, which eliminates all foods containing high FODMAPs, you will be able to know clearly whether FODMAPs are causing your IBS or whether something else is going on too. For 75% of the population, it will have reduced the symptoms considerably and you will now move on to the next phase, where you introduce foods gradually one by one to see if there are some of the FODMAPs that you can tolerate.



