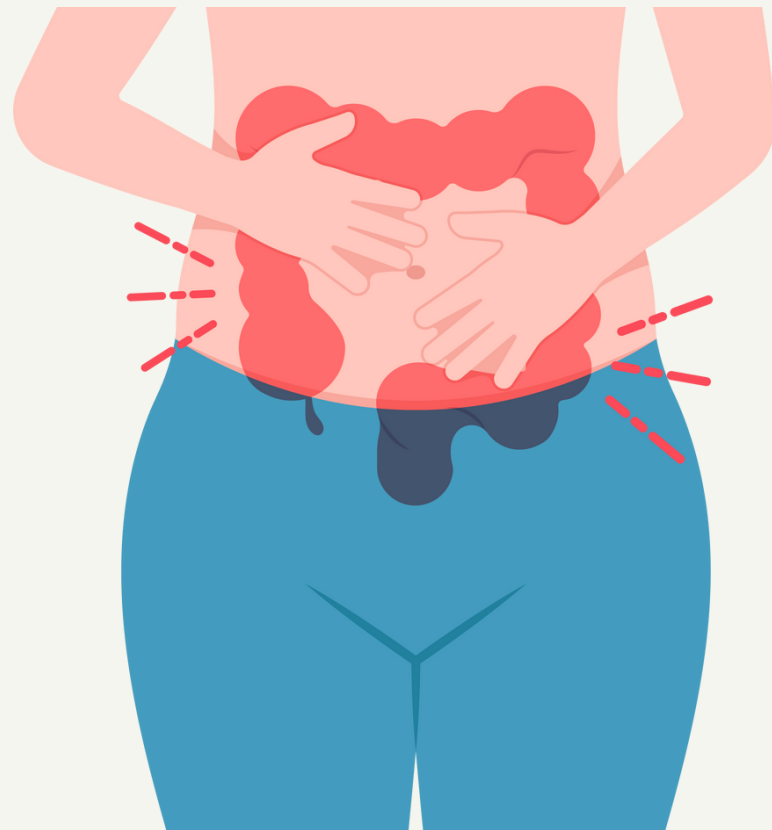


# GUT HEALTH SERIES



2

IBD & IBS

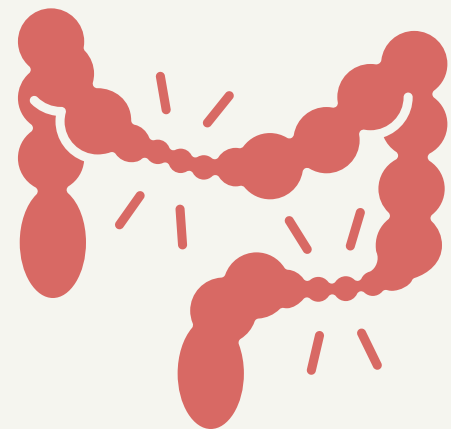
## Inflammatory bowel disease (IBD)

A group of autoimmune conditions of the colon and small intestine. Crohn's disease (CD) and ulcerative colitis (UC) are the principal types of IBD.



## Irritable bowel syndrome (IBS)

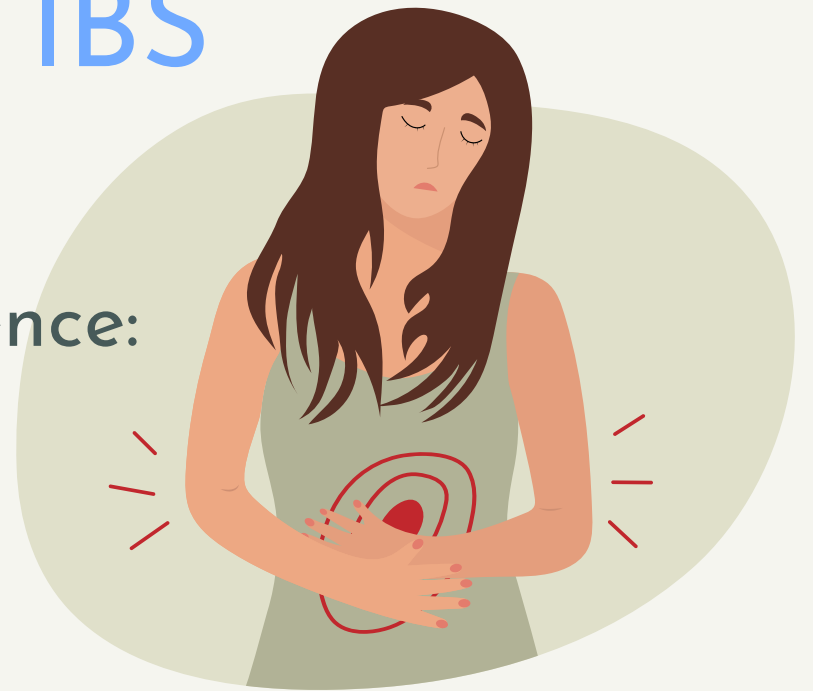
An umbrella diagnosis used to classify an individual with a constellation of chronic symptoms. It is not a 'disease'.



# Symptoms of IBD & IBS

In both cases, you can experience:

- Abdominal pain
- Diarrhea
- Fatigue



## IBD

- Rectal bleeding - dark stools
- Weight loss or loss of appetite
- Fever
- Other signs of inflammation: skin, joints;

## IBS

- Constipation
- Bloating
- Flatulence
- Incomplete emptying of bowels

# What type of pain do you feel?

## IBD

**Crohn's disease** - abdominal pain on the lower right side  
**Ulcerative colitis** - abdominal pain on the left side.

Both can cause pain anywhere in the abdomen.

## IBS

Abdominal pain or cramps in the lower belly.



# What causes the disease/syndrome?

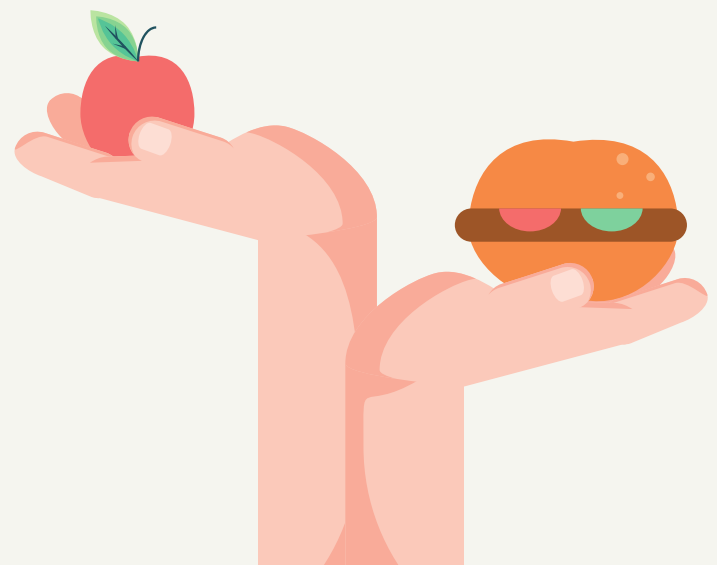
## IBD

IBD is caused by a combination of **genetics** and **environmental factors**, which have an impact on gut microbiome, triggering overly aggressive immune responses.

**Genetics** – there are at least **163 genes** involved in IBD.

## IBS

Causes can vary greatly amongst individuals. Unhealthy dietary habits, changes in gut microbes, stress, hormonal changes, severe infection, medication use, etc.



# Dietary strategies for IBD/IBS

- Remove inflammatory foods/beverages (refined carbohydrates and sugars, industrial animal products, processed foods, coffee, alcohol, damaged oils)
- Increase antiinflammatory foods - berries, turmeric, ginger, greens, pasture meat/dairy
- Include well-cooked foods (slow-cooked at a low temperature): soups, stews and broths that are easy to digest and nourishing
- Consider an elimination diet to identify problematic foods
- Optimise omega-3 to 6 ratio – can also be addressed via supplementation



# As a health professional

## 1. Consider natural approaches:

- **Probiotics** - Lactobacilli and Bifidobacteria have been shown to strengthen the epithelial barrier function and reduce inflammation
- **Prebiotics** - strengthening microbial community. Bacterial fermentation = SCFAs
- **Vit D** - stabilises tight junctions, regulates mucosal inflammation and supports immune function
- **DHA/EPA** - profound antiinflammatory effect



## 2. Address nutrient deficiencies:

B12, B9, Vit A, E, D, K, Zn, Fe, Ca, K?