

Getting to the bottom of irritable bowels

Nutritional therapy can help many chronic digestive conditions. By Fleur Brown

Susanne, 58-years-old was attending one of my Slimming Club meetings. I noticed that she had to excuse herself several times throughout the meeting to rush off to the loo. After the meeting, I discreetly asked her whether she was OK. "No," she replied. "I've had IBS for the past three years, it often flares up and causes me lots of bloating, pain and other distressing symptoms."

Susanne's G.P. had recently referred her

to a consultant who had diagnosed Irritable Bowel Syndrome and some signs of Diverticulitis. His prognosis was that she would have to live with this condition, and advised her to take some prescriptive drugs whenever she had flare-ups.

My usual approach to helping clients with digestive problems, after taking a full health and nutritional history, is to recommend they do either a Gut Disorder Test (which checks for bacterial or parasitic infections, yeast overgrowth or lack of good bacteria in the gut), or a Food Intolerance Test. Another tried and tested approach is my special Elimination Eating Plan. A more advanced Gut Disorder test can also check how well people are digesting their food.

When the results came back three weeks later, Susanne was amazed to discover she had a bad bacterial infection, low levels of beneficial bacteria and a mild parasitic infection. After following a nutritional therapy plan, her distressing symptoms had virtually all cleared and we were both confident that she would soon be symptom-free.

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