Do you want the digestive system you were born before you were diagnosed with IBS or spastic colon? If so then you will want to learn more about FODMAPS. If you have been reading my blog then you know that in order to effectively address Gastrointestinal problems such as Celiac, Crohn's, Spastic colon, IBS, SIBO, Leaky Gut then you need a comprehensive approach.

The most effective approach I have found over the years has been one that addresses The "10 keys to better GI Health" These 10 keys need to be addressed using a combination of dietary and very specific nutritional support. I have developed an approach in my office that can be effective in well over 90% of the patients who follow our approach.

When it comes to dietary intervention following a FODMAPS diet can be very helpful for those who fail to find relief with any other kind of diet. We implement it in our office with tremendous success.

Many who have irritable bowel symptoms have been diagnosed, while others have struggled with digestive difficulties without knowing why they can't easily digest certain foods. FODMAPS are among the foods that seem to cause the most trouble.

Researchers from Australia have developed a very successful Dietary approach for IBS treatment and SIBO. Having patients follow a low FODMAP diet is one component of our multipronged approach.

So what are FODMAPS?

FODMAPs are found in the foods we eat every day. FODMAPs is an acronym (abbreviation) referring to Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols*.

These are complex names for a collection of molecules found in food that can be poorly absorbed by some people.

- Fermentable Oligosaccharides (Fructans and Galactans)
- Disaccharides (eg. Lactose)
- Monosaccharides (eg. excess Fructose)
- and Polyols (eg. Sorbitol, Mannitol, Maltitol, Xylitol and Isomalt)

In more plain terminology, they are certain kinds of carbohydrates, which include lactose (dairy), fructose (fruit sugar), fructans, polyols (sugars), and galactans. The specifics of why certain sugars, starches, and fibers are more irritating to people with IBS gets a little
complicated because it is based on the biochemistry of the food and how the biochemistry of food interacts with the biochemistry of the individual.

With this being said addressing these food sensitivities requires one to embark on an FODMAP diet and very specialized testing of the individual as well as advanced functional testing for food sensitivities and cross reactive foods.

**How FODMAPS Cause IBS and SIBO**

In some people with irritable bowel syndrome (IBS), ingested FODMAPS are not absorbed as they should be in the small intestine; instead they pass into the large intestine. Humans have large numbers of bacteria living in the large intestine. This is normal.

The problem is that FODMAPS act as "fast food" for the bacteria, which give off a lot of gas as they ferment the food. The gas makes your large intestine bloat (swell). If you have IBS, your intestines may be extra sensitive to this, and it hurts. It may cause constipation or diarrhea.

Another problem with FODMAPS is the way they pull water into your large intestine. This is called osmosis. One way to imagine osmosis is to picture what happens when you sprinkle sugar on freshly cut strawberries. The sugar attracts the water from the strawberries to itself. The sugar pulls the juice right out of the strawberries and into the bowl. In your large intestine, FODMAPS pull water out of your cells and into your large intestine in the same manner, causing it to bloat. Pain and watery diarrhea can result.

All FODMAPS are believed to cause IBS symptoms the same way: too much gas and water in your large intestine.
Symptoms of Irritable Bowel Syndrome include abdominal bloating and distension, excess wind (flatulence), abdominal pain, nausea, changes in bowel habits (diarrhea, constipation, or a combination of both), and other gastro-intestinal symptoms.

When consuming FODMAPS, there is a cumulative effect of these foods on symptoms. In other words, eating foods with varying FODMAP (from the different groups) values at the same time will add up, resulting in symptoms that you might not experience if you ate the food in isolation.

**High FODMAP food (things to avoid / reduce)**

**Vegetables and Legumes**

- Garlic – avoid entirely if possible
- Onions – avoid entirely if possible
- Artichoke
- Asparagus
- Baked beans
- Beetroot
- Black eyed peas
- Broad beans
- Butter beans
- Cauliflower
- Celery –
- Kidney beans
- Leeks
- Mange Tout
- Mushrooms
- Peas
- Savoy Cabbage
- Soy beans
- Split peas
- Scallions / spring onions (bulb / white part)
- Shallots
**Fruit** – fruits can contain high fructose

- Apples
- Apricots
- Avocado
- Blackberries
- Cherries
- Currants
- Dates
- Grapefruit
- Lychee
- Mango
- Nectarines
- Peaches
- Pears
- Persimmon
- Plums
- Pomegranate
- Prunes
- Raisins
- Tinned fruit in apple / pear juice
- Watermelon

**Cereals, Grains, Breads, Biscuits, Pasta, Nuts and Cakes**

Wheat containing products such (be sure to check labels):

- Breadcrumbs
- Biscuits
- Cashews
- Cakes
- Egg noodles
- Regular noodles
- Pastries
- Pasta made from wheat
- Udon noodles
- Wheat bread
- Wheat cereals
- Wheat rolls
- Barley
- Bran cereals
- Couscous
- Pistachios
- Rye and Semolina
### Condiments, Sweets, Sweeteners and Spreads

- Agavae
- Fructose
- High fructose corn syrup (HFCS)
- Honey
- Ketchup / Tomato sauce (check ingredients, some can be OK)
- Milk chocolate
- Sugar free sweets containing polyols – usually ending in -ol or isomalt
  - Inulin
  - Isomalt
  - Maltitol
  - Mannitol
  - Sorbitol
  - Xylitol

### Prebiotic Foods
- The follow items are added to yoghurts, snack bars etc:
  - FOS – Fructo-oligo-saccharides
  - Inulin
  - Oligofructose

### Drinks

- Beer –
- Dandelion tea
- Fruit and herbal teas with apple added
- Orange juice in quantities over 100ml
- Rum
- Sodas containing High Fructose Corn Syrup (HFCS)
- Soy milk made with soy beans – commonly found in USA
- Sports drinks
- Wine – if drinking more than one glass
Dairy Foods

- Buttermilk
- Cream cheese
- Cream
- Custard
- Ice cream
- Margarine
- Milk – cow, goat and sheep
- Sour cream
- Yoghurt – including Greek yogurt

Our Approach - Why We Are Different - LOOKING AT THE BIG PICTURE

1. **A Food Sensitivity and Cross Reactive Food Panel** --- patients with IBD, Crohn’s, Colitis, Leaky Gut, SIBO patient may never get well without learning what foods are improperly crossing over from the inside of your gastrointestinal system into the bloodstream, creating an immune response. These foods can be a source of GI Irritation and inflammation.

2. **Re-establish Normal Bacterial Balance** — Most medications prescribed to people with GI problems (Corticosteroids, Antibiotics, Antifungals, Pain relievers) can cause leaky gut or disrupt normal bacterial microflora of the gut.

3. **Decrease gastrointestinal and Systemic Inflammation** — Inflammation is now widely accepted as a contributing factor to many type of cancer including colon, prostate and rectal cancer. Inflammation is at the root of all disease processes. Certain biological markers if elevated
indicate inflammation and tissue damage. We have the ability to support your body naturally and reduce inflammation.

4. **Improve Digestion** — Enzymes are made by your body to help digest fats, carbohydrates and proteins. If your lacks the ability to make certain enzymes these foods will not get digested and will sit in your stomach and ferment or putrefy. This can be a cause to bloating, constipation, and gas. Based on your test results we will customize the type of enzymes most appropriate to your individuality.

5. **Identify any hormonal imbalances** that are contributors. Thyroid, Adrenals Male and Female Hormones are all contributory factors affecting healthy GI Function. Many doctors fail to properly test for Hormones and consequently miss out on some very important pieces of the IBS, SIBO, Leaky gut and GI puzzle. We use advanced testing to determine if and what these hormonal imbalances are. (Thyroid, Adrenal, Sex Hormones)

6. **Identify Leaky Gut and its Causes** - **Leaky Gut is a condition** used to describe the breakdown of tight junctions. Tight junctions represent the major barrier within the pathway between intestinal epithelial cells that line the digestion tract. A Leaky Gut can cause acute and chronic diseases such as systemic inflammatory response syndrome (SIRS), inflammatory bowel disease, IBS Irritable Bowel Syndrome Thyroid Problems, type 1 diabetes, allergies, asthma, and autism and autoimmune conditions. **It is also a major pathway for all of the food sensitivities experienced by people with gastrointestinal problems.** Remember avoiding certain foods is only part of the battle. Calming down the immune system and restoring gut barriers is essential.

7. **Dietary Modification and Changes** - The food you put into your body can make you healthy or sick. We test for a variety of food sensitivities. The purpose of this is to identify which foods are contributing to your IBS and what foods are not. These tests take the guessing out of what you can and what you can't eat. Each person suffering with IBS, SIBO, Leaky Gut, Celiac, Crohn’s or any other GI problem has a different set of mechanisms or causes.
Our office will customize a **GI Restoration Program** that is tailored to your individual needs, not some Cookie Cutter Recipe you might find on the internet.

**Our Personal IBS Recovery Program is a great place to start**

The Personal Program IBS Recovery Program is a Natural Treatment for IBS and other GI related problems.

Our office utilizes nutritional supplements, Dietary modifications, Nutritional Counseling, Advanced Testing, Hormone and endocrine support formula, and lifestyle guidance.

**Our Personal IBS Recovery Program Is A Great place To Start**

The Personal Program For IBS Recovery is a Natural Treatment for IBS and other GI related problems. Our office utilizes nutritional supplements, Dietary modifications, Hormone and endocrine support formula, and lifestyle guidance.

- To Schedule a **Free 15 minute Phone Consult** to see if this program is right for you Fill out our online questionnaire.
- If you're ready to **Get started and schedule an appointment** take a moment and fill out our contact us form and in the comment box let us know what time of the day works best to contact you. One of our New Patient Coordinators will contact you with the next available new patient opening within 24-48 hours.
- **Still have questions?** Our Free 15 minute personalized Phone consult is a great place to start.

**Other Article about IBS and Dr Hagmeyer’s Natural IBS Treatment Program**

1. Natural IBS Symptom Relief 10 Keys To Better GI Health | Hormones and (IBS) Irritable Bowel Syndrome.
2. IBS Natural and Holistic Treatments That Work. How Antibiotics Cause IBS. Dr Hagmeyer
3. A Successful Plan for the Treatment of IBS Dr. Hagmeyer Explains.
4. Testing For Parasites.
5. Everything You Want To Know About SIBO - 5 part Video Series
6. Studies Now Connect Fibromyalgia to SIBO
7. Do You Suffer From Grain Brain? - Fatigue, Brain Fog, Anxiety
8. 4 Step Protocol For Healing A Leaky Gut and Eliminating Parasites
10. Gluten Detected In Cosmetics and Personal Hygiene Products

Learn more and Connect with Us!

For Better Health Naturally

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