What diet is most effective for IBS?

This is a very “hot topic” in IBS management right now, and there is no one diet that clearly helps the majority of IBS sufferers. However, dietary and lifestyle changes are likely important in the total management plan. Many patients with only occasional symptoms could see improvements with increasing dietary fiber and by exercising regularly. Others may benefit from reducing the intake of food high in fermentable sugar-like molecules (FODMAPs), individuals with recurrent symptoms should speak to their doctor about their symptoms and any treatments they have tried to help determine how best to manage their condition.

Is stress linked to IBS?

It is well established that increased perceived stress can act to exacerbate the symptoms of IBS. The sources of stress can occur due to external factors (financial difficulties, family strife, etc.) or by the persistence of physical symptoms of IBS itself, creating an unproductive feedback cycle. Perhaps unsurprisingly, the “IBS in America” survey found that 73 percent of sufferers report a feeling of frustration and/or depression.