SelfDecode™

Irritable Bowel (IBS)

DNA Health Report

REPORT CATEGORY

GUT HEALTH

Sample Client

Report date: 15 January 2026

Powered by omicsedge

Table of Contents

Personal information

NAME

Sample Client

SEX AT BIRTH

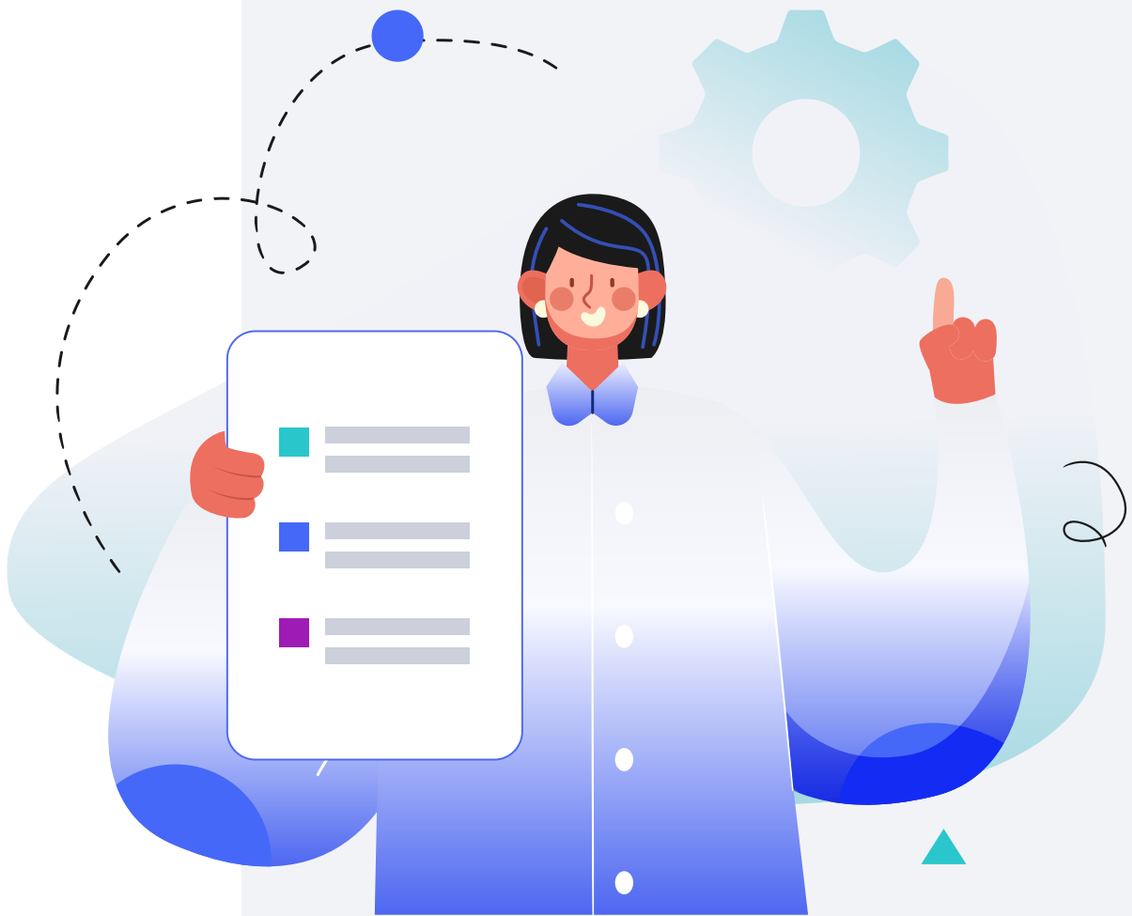
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg

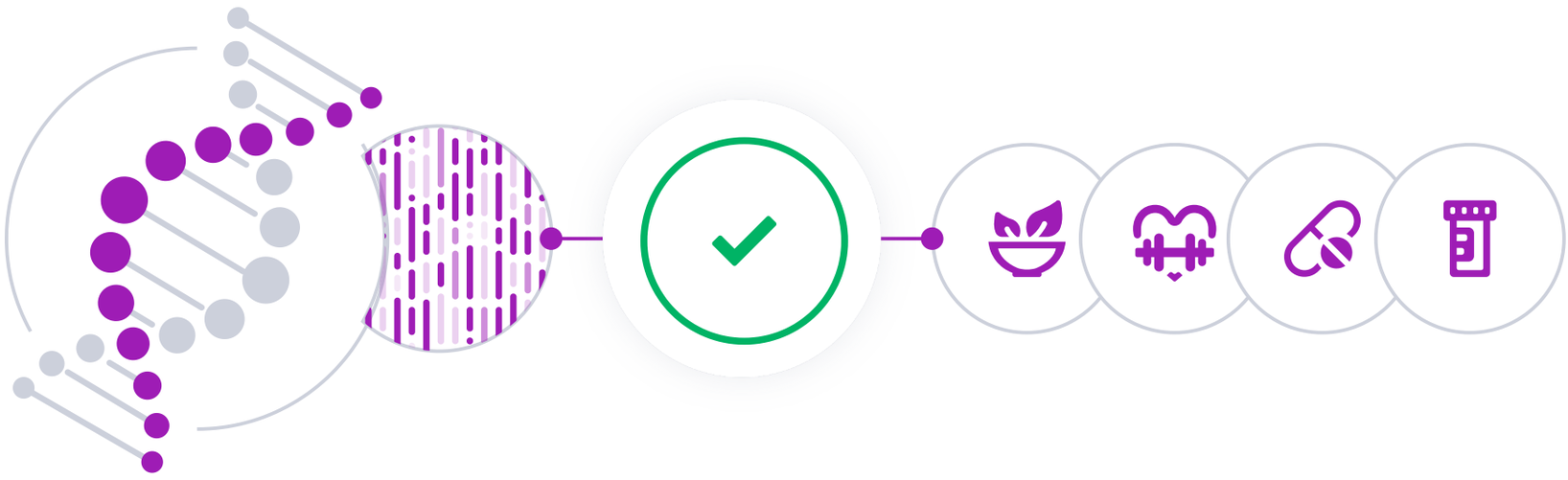


DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

How this works

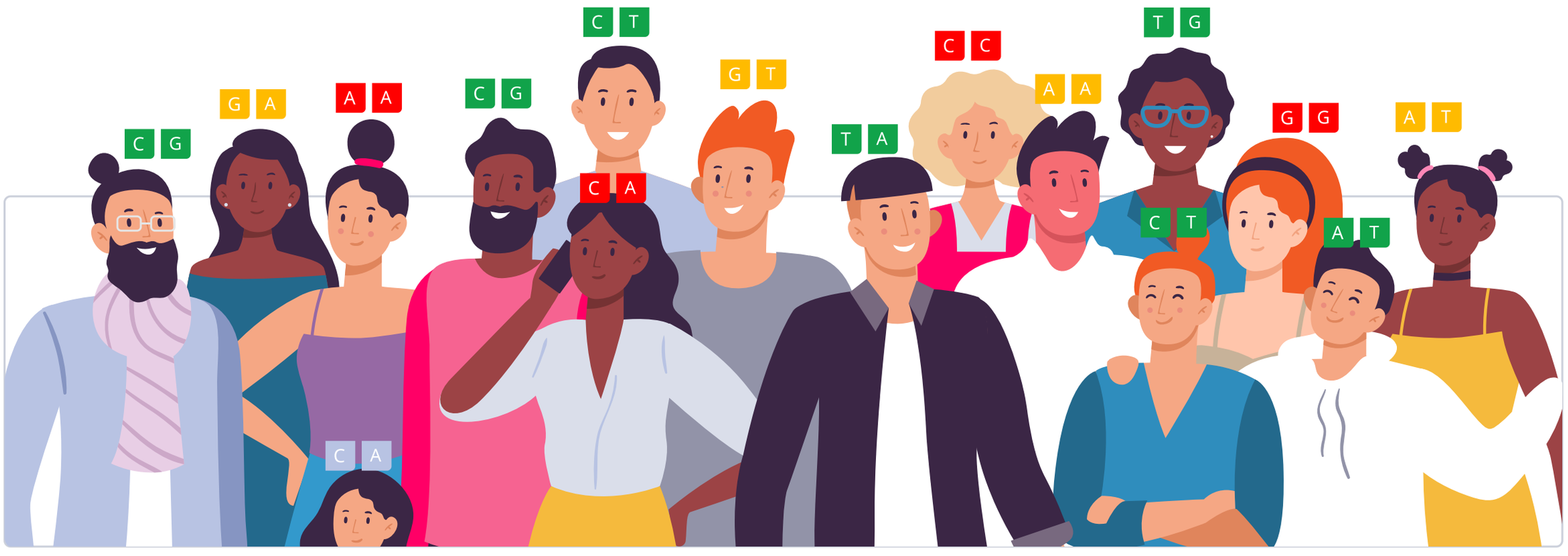
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



Similarly, our Trait Reports look at how your DNA influences your traits.

Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

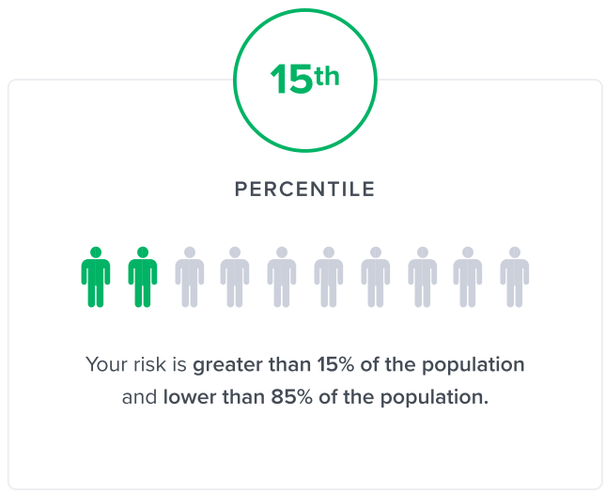
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information. We then summarize your results as a risk score or display it on a gauge.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:

In total, we analyze up to 83 million genetic variants.



Genotype color info: AA You don't have any risk alleles | AA You have 1 risk allele | AA You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:

Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):

Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

5 / 5

Recommendations that are considered effective and generally recommended by experts and medical bodies.

4 / 5

Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

3 / 5

Recommendations that are considered possibly effective and have many studies supporting them

2 / 5

Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.

1 / 5

Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.

0 / 5

No evidence in humans.

Genotype-specific Evidence

High-quality

Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, afew large clinical trials, or a meta-analysis).

Medium-quality

Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

Low-quality

Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).

Indirect

A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).

In theory

A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Irritable bowel syndrome **(IBS)** is painful and it can turn your whole life upside down. **IBS affects between 1% and 35% of people in different countries.** In the western world, roughly 1 in 10 people have this condition [R].

More than half of people with IBS would give up coffee and alcohol for a month of relief from their symptoms [R].

There are two main types of IBS: **IBS with diarrhea (IBS-D)** and **IBS with constipation (IBS-C)**. IBS-D is the most common type. Some people have a third type called **mixed IBS (IBS-M)**, which causes constipation and diarrhea at different times [R, R].

If you have IBS, you may also experience [R, R]:

- Cramping
- Bloating
- Weight loss
- Fever
- Rectal bleeding
- Vomiting
- Difficulty swallowing

Untreated IBS may cause dangerous complications. The most common of these include iron deficiency and dehydration [R, R].

Fortunately, **there are many ways you can soothe an irritated gut**. **The effectiveness of these strategies may depend on your DNA.**

This report focuses on the genetics of IBS. Read more to find out:

- **How your DNA plays a role in IBS**
- **Your genetic risk score based on over 390,000 genetic variants**
- **Personalized recommendations based on your genetics**

About Irritable Bowel

Key Takeaways:

- Up to **60%** of IBS differences may be due to genetic factors.
- Other risk factors include young age, female sex, stress, and gut infections.
- IBS affects **1 in 10** people in the US. Symptoms include cramping, vomiting, rectal bleeding, diarrhea, and constipation.
- If you have high genetic risk or symptoms, look to improve modifiable factors like stress, sleep, and diet.
- Click the **Recommendations** tab for potential dietary and lifestyle changes and **next steps** for relevant labs.

There is no known cure for IBS. If you have IBS, **doctors can help you manage symptoms and prevent flare-ups** so that you can live a normal life [R, R].

The main IBS management strategies include [R]:

- Eating foods high in dietary fiber
- Drinking lots of water
- Regular exercise
- A healthy & regular sleep schedule
- Avoiding stress
- Avoiding triggering foods

The strategies most likely to work for you may be written into your genes. Up to 60% of IBS differences may be due to genetic factors [R].

Genes involved in IBS may play a role in [R, R]:

- Bile production and release (*KLB*)
- Gut movement (*HTR3E*)
- Pain perception (*HTR3E*)
- Immune system activity (*TLR9*)

Moreover, genetically high betaine levels may be causally associated with a high risk of Crohn's disease [R].

MORE LIKELY

More likely to have IBS based on 1,671 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
TRPM8	rs10166942	TT
NXPH1	rs2349775	AA
NNMT	rs1062613	CT
PPM1M	rs5743836	GG
TNFSF15	rs4263839	GA
MAPT	rs7209436	CT
TNFSF8	rs7848647	CT
IL6	rs1800795	GG
TNFSF15	rs6478108	TC
TNFSF8	rs6478109	GA
SI	rs9290264	AA
/	rs17112758	AA
LSR	rs10424110	AG
BDNF	rs6265	TC
KDELR2	rs12702514	TC
IL19	rs1800896	CT
KLB	rs17618244	AG
PHF2	rs10156602	GA
OLFM4	rs5803650	DEL(TT)C
PRRC2A	rs2736155	CG
NCAM1	rs7947502	TC
NCAM1	rs7106434	CT
DOCK9	rs9513519	AG
ABCC5	rs56109847	GG

It's important to remember that **genetics is only one piece of the puzzle.** You are also more likely to develop IBS if you are [R]:

- Under the age of 50
- Experiencing a lot of mental stress
- Female or taking estrogen
- Anxious or depressed
- Recovering from a gut infection
- Related to other people with IBS

GENE	SNP	GENOTYPE
MAPT	rs242924	TT
TNF	rs1800629	GG
ZFP90	rs16260	CC
FGFR4	rs1966265	GG
SPATA5	rs9999118	AA
SI	rs79717168	AA
SI	rs121912615	AA
EXTL2	rs72987295	GG
PCDH15	rs10825269	CC
HES6	rs4663866	AA
/	rs2366846	CC
STK17A	rs7802995	AA
TGFBR2	rs7427882	CC
MAPT	rs110402	AA
PON2	rs6973126	TT
CADM2	rs1248825	CC

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You'll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

		DOSAGE
1	Psychotherapy	1 hour
2	Relaxation Techniques	30 minutes
3	Peppermint Oil	180 mg
4	Eat Fiber-Rich Foods	
5	Gluten-Free Diet	
6	Exercise At Least One Hour a Day	1 hour
7	Probiotics	10 billion
8	Cognitive-Behavioral Therapy (CBT)	
9	Low-FODMAP Diet	
10	Psyllium	5 g
11	Aerobic Exercise (Cardio)	1 hour
12	Bacillus Coagulans	
13	Elimination Diet	
14	Lactobacillus Plantarum	10 billion CFU
15	Meditation	30 minutes
16	Walking	30 minutes
17	Swimming	30 minutes
18	Synbiotics	
19	Aloe Vera	50 mg
20	Maintain Optimal Vitamin D Levels	1000 iu
21	Mindfulness	30 minutes
22	Iyengar Yoga	1 hour
23	Lactobacillus Rhamnosus GG	10 billion CFU
24	Lactobacillus Acidophilus	10 billion CFU
25	Lactobacillus Bulgaricus	10 billion CFU
26	Lactobacillus Rhamnosus	10 billion CFU
27	Hypnosis	20 minutes
28	Avoid Large Meals	
29	Bifidobacterium Longum	10 billion CFU
30	Enemas	
31	Mindfulness-Based Stress Reduction (MBSR)	2 hours
32	Drink at Least 8 Glasses of Water a Day	

33	Avoid Spicy Food		34	Yoga	30 minutes
35	Bifidobacterium Bifidum	10 billion CFU	36	Fennel	100 mg
37	Bifidobacterium Breve	10 billion CFU	38	Osteopathic Manipulation	
39	Inulin	5 g	40	Guar Gum	5 g
41	Acupuncture	1 hour	42	Prunes	
43	Fructooligosaccharides (FOS)	3 g	44	Cinnamon	500 mg
45	Mindful Eating		46	Avoid Carbonated Beverages	
47	Prescript-Assist Probiotic		48	Wheat Bran	
49	Curcumin	500 mg	50	Bifidobacterium Infantis 35624	
51	Lactobacillus Paracasei	10 billion CFU	52	Boswellia Casperome	
53	Bacillus Coagulans MTCC5856		54	Bacillus Subtilis And Enterococcus Faecalis	
55	Bifidobacterium Animalis Subsp. Lactis	10 billion CFU	56	Mung Bean	10 g
57	Figs		58	Melatonin	500 mcg
59	Clostridium Butyricum	300 mg	60	Pectin	500 mg
61	Sauerkraut		62	Berberine	500 mg
63	E. coli Nissle 1917		64	Avoid Chili Peppers	
65	Butyrate	300 mg	66	Artichoke Leaf Extract	500 mg
67	Beidellitic Montmorillonite	3 g	68	Glutamine	5 g
69	Papaya	500 mg	70	Lactobacillus Helveticus	10 billion CFU
71	Diaphragmatic Breathing	10 minutes	72	Caraway	200 mg

73	Intermittent Fasting	
74	Boswellia	350 mg
75	Acceptance and Commitment Therapy (ACT)	
76	Saffron	20 mg
77	Palmitoylethanolamide (PEA)	
78	Autogenic Training	10 minutes
79	Arrowroot	1 tsp
80	Anise (Green)	1 g
81	Kiwifruit	
82	Deep Breathing	5 minutes
83	Streptococcus Thermophilus	10 billion CFU
84	Activated Charcoal	500 mg
85	Lactobacillus Gasseri	10 billion CFU
86	Saccharomyces Boulardii	10 billion CFU
87	Lactobacillus Casei	10 billion CFU
88	Electroacupuncture	
89	Acacia Fiber	5 g
90	Bacillus Subtilis	
91	Beta-Glucans	
92	Enterococcus Faecalis	
93	Digestive Enzymes	
94	Inositol	2 g
95	Dietary Copper	

1

Psychotherapy

IMPACT 5 / 5

EVIDENCE 3 / 5

How to implement

Schedule and attend regular sessions with a licensed psychotherapist, typically once a week for 50-60 minutes, over a period of several months to years depending on your individual needs and progress. Consistency is key, and the duration can vary widely based on personal goals and the type of psychotherapy being practiced.

TYPICAL STARTING DOSE

1 hour

Description

Psychotherapy is a broad term for therapeutic approaches that address mental and emotional health issues through talking and counseling. It can be used to treat a wide range of psychological and emotional challenges.

Psychotherapy (talk therapy) involves talking about your health with a licensed therapist. It may improve the way you react to certain experiences and help reduce stress [R, R].

Psychotherapy is a great way to improve many conditions, including [R, R, R, R, R, R]:

- Depression
- Anxiety disorders
- PTSD
- OCD
- Weight problems
- Eating disorders

Cognitive-behavioral therapy (CBT) is a type of psychotherapy. CBT aims to change the way you think about your life and yourself. Through CBT, a therapist can help you develop healthy coping mechanisms [R].

How it helps

Stressful events may contribute to IBS development and trigger the symptoms. **Psychotherapy helps improve digestive symptoms by reducing stress and mood problems** [R, R, R, R, R].

Types of psychotherapy that can help with IBS include:

- **Cognitive-behavioral therapy (CBT)**: aims to improve your mental health by altering thinking patterns and behavior [R, R, R, R]
- **Hypnotherapy:** induces a trance-like state meant to relax you, sharpen your focus, and make you more open to suggestions [R, R, R, R]

The *American College of Gastroenterology* recommends different types of psychotherapy, including CBT and hypnotherapy, for IBS symptom improvement [R].

PERSONALIZED TO YOUR GENES

People with your *COMT* gene variant may experience greater IBS improvements from CBT [R]. **Ask your doctor about CBT.**
HTR3A is a gut serotonin receptor that can cause nausea, vomiting, and anxiety when activated [R].

Your genotype for this SNP has been associated with somewhat more HTR3A receptor activity and higher IBS rates [R].

Psychological stress is believed to trigger and worsen IBS, possibly through the activation of these HTR3A serotonin receptors in the gut [R, R, R].

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
COMT	**rs4680**	AG	●●●○○

GENE	SNP	GENOTYPE	EVIDENCE
NNMT	**rs1062613**	CT	●●○○○

2

Relaxation Techniques

IMPACT 5 / 5

EVIDENCE 3 / 5

How to implement

Incorporate relaxation techniques such as deep breathing exercises, meditation, or yoga into your daily routine. Spend at least 15-30 minutes each day practicing one of these techniques, preferably in a quiet, comfortable space without interruptions.

TYPICAL STARTING DOSE

30 minutes

Description

Relaxation techniques encompass various methods like deep breathing, yoga, meditation, and progressive muscle relaxation, aimed at reducing stress and promoting mental and physical relaxation. Practicing these techniques regularly can help manage stress, improve mental clarity, and enhance overall emotional well-being.

We all get stressed from time to time.

Stress can help you deal with a challenge or avoid danger. However, **it's not healthy to be stressed for a long time** [R, R].

Relaxation techniques such as yoga and meditation can relieve stress in different ways. Most of them focus on breathing and help you get rid of negative thoughts and emotions [R].

People use relaxation techniques to improve conditions like [R, R, R]:

- Anxiety
- Depression
- Chronic pain

Progressive muscle relaxation is another relaxation technique. In this technique, you focus on tensing and relaxing different parts of your body. It is common to start with the toes and slowly work your way up to the neck and head [R, R].

Autogenic training is a relaxation technique that a person may carry out on their own. It uses exercises that take the mind's attention to bodily sensations such as warmth and heaviness [R, R].

How it helps

Stressful events may trigger your IBS symptoms. In turn, IBS symptoms can make you anxious and frustrated [R, R, R, R].

The following practices may help with IBS by relieving stress:

- Yoga [R, R, R]
- Mindfulness meditation [R, R, R]

PERSONALIZED TO YOUR GENES

HTR3A is a gut serotonin receptor that can cause nausea, vomiting, and anxiety when activated [R].

Your genotype for this SNP has been associated with somewhat more HTR3A receptor activity and higher IBS rates [R].

Psychological stress is believed to trigger and worsen IBS, possibly through the activation of these HTR3A serotonin receptors in the gut [R, R, R]. **Stress reduction may be more effective at improving IBS in people with your *COMT* gene variant** [R].

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
NNMT	**rs1062613**	CT	●●

GENE	SNP	GENOTYPE	EVIDENCE
COMT	**rs4680**	AG	●●●

3

Peppermint Oil

IMPACT 4 / 5

EVIDENCE 4 / 5

How to implement

Take 180-400 mg of peppermint oil in capsule form daily before meals. It is recommended to continue this regimen for at least 4 weeks to evaluate its effects.

TYPICAL STARTING DOSE

180 mg

Description

Peppermint oil is an essential oil derived from the peppermint plant (Mentha × piperita). It has a long history of traditional use, dating back to ancient Egypt and Rome, where it was utilized for digestive and respiratory issues. Its main compounds, menthol and menthone are utilized for a variety of potential health benefits, including digestion, skin care, headaches, and respiratory congestion.

People use peppermint in foods, cosmetics, and supplements. **Peppermint oil is an essential oil from peppermint leaves.** It may ease muscle pain, relieve headaches, and improve digestion [R, R].

Please note: *Peppermint oil may interact with certain medications. If you are taking any medications, consult your doctor before using peppermint oil* [R, R].

How it helps

Peppermint oil may improve stomach pain and bloating by **relaxing gut muscles** [R, R, R].

Typical doses are **180-200 mg, 3-4 times a day** [R, R, R, R, R, R].

Some special pills release the oil slowly in your gut, making it more effective. Doctors call this *enteric-coated peppermint oil* [R].

The *American College of Gastroenterology* recommends peppermint oil for IBS symptom improvement [R].

PERSONALIZED TO YOUR GENES

HTR3A is a gut serotonin receptor that can cause nausea, vomiting, and anxiety when activated [R].

Your genotype for this SNP has been associated with somewhat more HTR3A receptor activity and higher IBS rates [R].

Menthol from peppermint oil may block HTR3A [R, R].
TRPM8 encodes the major sensory receptor of cold in our bodies [R].

Your genotype for this SNP has been associated with increased sensitivity to cold and pain, as well as relatively higher rates of IBS [R].

Menthol from peppermint oil may reduce the TRPM8 receptor activity [R, R, R, R, R].

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
NNMT	**rs1062613**	CT	

GENE	SNP	GENOTYPE	EVIDENCE
TRPM8	**rs10166942**	TT	

4

Eat Fiber-Rich Foods

IMPACT 4 / 5

EVIDENCE 4 / 5

How to implement

Incorporate foods high in fiber, such as fruits, vegetables, whole grains, and legumes, into your daily meals. Aim for a total dietary fiber intake of 25 to 30 grams per day, spread out over all meals.

Description

Fiber is a type of carb that your body can't digest which supports digestion, heart health, and blood sugar control. You can get fiber by eating things like whole grains, fruits, nuts, seeds, and leafy greens.

Fiber is a type of carb that your body can't digest. It supports digestion, heart health, blood sugar control, and more [R, R].

Adults should get 28 g of fiber every day. Most people in the US don't get enough fiber [R, R].

You can get more fiber by eating [R, R]:

- Whole grains
- Fruits
- Leafy greens
- Nuts and seeds
- Beans
- Broccoli

Fiber supplements, such as psyllium husk, are available for people who don't get enough fiber from their diets [R, R].

How it helps

Dietary fiber supports healthy bowel movements. Most types of fiber are *prebiotics*, which means they feed probiotic bacteria [R, R].

Fiber supplementation may improve IBS with constipation or diarrhea. Tested supplements include:

- Psyllium (20 g/day) [R, R]
- Inulin (1.8-8 g/day for 2 weeks) [R, R, R]
- Fructo-oligosaccharides (300 mg-5 g/day for 4-12 weeks) [R]
- Guar gum (5-6 g/day for 4-12 weeks) [R, R, R]
- Pectin (24 g/day) [R]

The *American College of Gastroenterology* recommends increasing fiber intake for IBS symptom improvement [R].

5

Gluten-Free Diet

IMPACT 4 / 5

EVIDENCE 3 / 5

How to implement

Remove all foods containing wheat, barley, and rye from your diet. This includes obvious sources like bread and pasta, as well as hidden sources in sauces, soups, and processed foods. Check labels for gluten-free certification, and aim to maintain this diet consistently, as even small amounts of gluten can cause symptoms to recur in sensitive individuals.

Description

A gluten-free diet is essential for individuals with celiac disease or gluten sensitivity. It helps prevent digestive issues and promotes overall health by avoiding foods containing gluten, a protein found in wheat, barley, and rye.

Gluten is a protein found in wheat and some other grains. **People with celiac disease have to follow a gluten-free diet to prevent gut damage.** A gluten-free diet eliminates all foods containing [R, R]:

- Wheat
- Barley
- Rye
- Malt
- Brewer's yeast

How it helps

Some people with IBS may be sensitive to gluten. If you are one of them, following a gluten-free diet may improve your IBS symptoms [R, R, R, R, R].

According to a recent study, a gluten-free diet may also lower the risk of IBS [R].

Gluten may contribute to "leaky gut" in sensitive people and thus worsen IBS symptoms. Even if you don't have celiac disease, a gluten-free diet may help with IBS-related diarrhea [R, R].

6

Exercise At Least One Hour a Day

IMPACT 4 / 5

EVIDENCE 3 / 5

How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE

1 hour

Description

Exercise can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [R].

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal**.

How it helps

IBS is more common in people who don't exercise regularly. Moderate exercise can improve your gut health and reduce IBS symptoms by [R, R, R, R, R]:

- Improving gut muscle tone
- Reducing stress
- Boosting probiotic bacteria

Types of exercise appropriate for people with IBS include **walking, mild cardio, swimming, and yoga.** On the other hand, **intense exercise may stress out your gut**, so it's important to stay within your comfort zone [R, R, R].
The *American College of Gastroenterology* recommends exercise for IBS symptom improvement [R].

PERSONALIZED TO YOUR GENES

Your *DAGLB* gene variant is linked to IBS. This gene influences the levels of cannabinoids, which are important for gut health and pain control. Exercise can help boost cannabinoids [R, R, R, R].
The IL10 gene codes for an important anti-inflammatory cytokine that prevents your immune system from attacking itself and beneficial gut flora [R, R, R].

Your genotype for this SNP has been associated with reduced IL-10 production, increased inflammation, and relatively higher rates of IBS [R].

Exercise may increase IL-10 levels [R, R].

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
KDELR2	**rs12702514**	TC	

GENE	SNP	GENOTYPE	EVIDENCE
IL19	**rs1800896**	CT	

7

Probiotics

IMPACT 4 / 5

EVIDENCE 3 / 5

How to implement

Take a probiotic supplement containing 10 billion or more live cultures once daily, preferably with a meal or as directed by the packaging or a healthcare provider.

TYPICAL STARTING DOSE

10 billion

Description

Probiotics are live beneficial bacteria and yeasts that can support gut health and digestive function when consumed as supplements or found in fermented foods like yogurt and sauerkraut. They may be beneficial to gut health, immune function, blood sugar, and mood.

Probiotic bacteria are "good" bacteria found mainly in the large intestine. They support your body and mind by [R, R, R, R, R, R, R, R]:

- Maintaining gut health
- Supporting a healthy immune system
- Improving your mood
- Helping to maintain healthy blood sugar

Prebiotics are certain types of fiber and other complex carbs that serve as food for gut bacteria. **They support gut health by helping boost the activity and growth of "good" bacteria** [R, R].

Prebiotics are also added to foods and supplements. Common prebiotic ingredients are [R, R]:

- Oligo-fructose
- Oligo-galactose
- Inulin

Mixtures of probiotics and prebiotics are known as **synbiotics** [R].

How it helps

Probiotics may reduce IBS symptoms, such as bloating, stomach pain, and diarrhea [R]**.** Most supplements contained a mixture of the following probiotics:

- *Lactobacillus acidophilus* [R, R, R]
- *Lactobacillus rhamnosus* [R, R, R]
- *Bifidobacterium animalis (B. lactis)* [R, R, R]
- *Bifidobacterium longum* [R, R, R]
- *Streptococcus thermophilus* [R, R, R]

Probiotics support gut health by fighting "bad" bacteria and reducing inflammation [R].

The *American College of Gastroenterology* recommends probiotics for IBS symptom improvement [R].

PERSONALIZED TO YOUR GENES

In people with your *TNF* gene variant, adding a probiotic may improve IBS symptoms [R].

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
TNF	**rs1800629**	GG	

8

Cognitive-Behavioral Therapy (CBT)

IMPACT 3 / 5

EVIDENCE 4 / 5

How to implement

Schedule weekly sessions with a certified cognitive-behavioral therapist for a period of 5 to 20 weeks. Engage actively in exercises assigned by your therapist both during sessions and as homework to apply CBT strategies to daily life.

Description

Cognitive-behavioral therapy (CBT) is a psychotherapeutic approach that has been effective in treating various mental health conditions by helping individuals identify and change negative thought patterns and behaviors. It is widely used for conditions like depression, anxiety, and phobias.

Psychotherapy (talk therapy) involves talking about your health with a licensed therapist. It may improve the way you react to certain experiences [R].

Talk therapy is a great way to improve many conditions, including [R, R, R, R]:

- Depression
- Anxiety disorders
- PTSD
- OCD
- Substance use disorder
- Bipolar disorder

Cognitive-behavioral therapy (CBT) is a type of talk therapy. CBT aims to change the way you think about your life and yourself. Through CBT, a therapist can help you develop healthy coping mechanisms [R].

How it helps

Cognitive-behavioral therapy, both alone and as an add-on to antispasmodic medication, has been successfully used to improve IBS symptoms, mood, anxiety, and quality of life in multiple trials (most of them non-placebo-controlled) of over 1,500 people followed up for up to 24 months [R, R, R, R, R, R, R, R, R, R, R, R, R].

A meta-analysis of 18 trials found CBT more effective than conventional treatments at improving IBS bowel symptoms. When compared to no treatment, it also improved quality of life and psychological state. However, the authors warned about the small size and high heterogeneity of the studies [R].

In a meta-analysis of 6 studies and 638 IBS patients, CBT was found to have low-to-moderate effects on psychosocial distress and medium-to-large effects on IBS symptoms [R].

The most recent meta-analysis, of 41 trials and 4,072 participants, found CBT and hypnotherapy most effective among the psychological therapies for treatment-resistant IBS. However, the authors warned about the high risk of bias of the included studies [R].

9

Low-FODMAP Diet

IMPACT 3 / 5

EVIDENCE 4 / 5

How to implement

Eliminate foods high in FODMAPs (fermentable oligosaccharides, disaccharides, monosaccharides, and polyols) from your diet for 4 to 6 weeks. This includes certain fruits, vegetables, dairy products, grains, and sweeteners. After the elimination phase, gradually reintroduce foods one at a time to identify triggers.

Description

The low FODMAP diet is used to manage symptoms of irritable bowel syndrome (IBS) and other gastrointestinal disorders. It involves restricting certain fermentable carbohydrates to reduce digestive discomfort and improve gut health.

FODMAPs are a group of carbs that are hard to digest. Rather than being absorbed by the intestines, these carbs are fermented by your gut bacteria. A product of fermentation is gas [R, R].

FODMAPs also pull fluid into your gut. This may promote diarrhea [R].

Foods high in FODMAPs include [R]:

- High-fructose corn syrup
- Artificial sweeteners
- Apples
- Corn
- Dairy
- Beans

A low-FODMAP diet limits the intake of FODMAPs. Some health experts recommend it for IBS and other digestive issues [R, R, R].

How it helps

A low-FODMAP diet helps eliminate food triggers that can disturb your gut. **In some people with IBS, a low-FODMAP diet may reduce stomach pain and bloating** [R, R, R, R].

Work with your doctor or dietitian to test specific FODMAPs and figure out which ones to avoid.

The *American College of Gastroenterology* recommends a low-FODMAP diet for IBS symptom improvement [R].

10

Psyllium

IMPACT 3 / 5

EVIDENCE 3 / 5

How to implement

Take 5 grams of psyllium husk powder with at least 8 ounces of water. Do this once daily, preferably in the morning before breakfast. Continue this regimen daily for ongoing digestive health benefits.

TYPICAL STARTING DOSE

5 g

Description

Psyllium is a plant-based dietary fiber derived from the seeds of the Plantago ovata plant. It is primarily used both traditionally and today, as a dietary supplement due to its high soluble fiber content, aiding in digestive health and regulating bowel movements. The main compounds in psyllium are soluble fiber and mucilage.

Psyllium husk might be beneficial for gut health and heart health. But what exactly is this supplement and how does it work?

Psyllium is an herb that grows around the world. Its “husk,” the outer coating of the psyllium seed, is full of fiber. The health benefits of psyllium husk are due to this fiber.

How it helps

Psyllium is a stool softener made from the husk of plants from the *Plantago* genus. It’s FDA-approved as an over-the-counter laxative for the short-term treatment of constipation. Psyllium’s high content in soluble fiber allows it to absorb water and form a gel-like substance in the colon [R, R].

In a placebo-controlled of 20 people with chronic constipation (10 of whom had IBS) supplementation with psyllium increased the frequency of stools and reduced their consistency without causing any adverse effects. In a 14-day non-placebo-controlled trial of 10 people with IBS, 20 g/day of psyllium was the optimal dose improving pain and constipation [R, R].

11

Aerobic Exercise (Cardio)

IMPACT 3 / 5

EVIDENCE 3 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

Physical activity helps with constipation by increasing muscle activity in the intestines. A meta-analysis of 9 clinical trials involving 680 people found physical activity, especially aerobic exercise such as treadmill or brisk walking, effective at improving constipation symptoms [R, R].

PERSONALIZED TO YOUR GENES

The IL10 gene codes for an important anti-inflammatory cytokine that prevents your immune system from attacking itself and beneficial gut flora [R, R, R].

Your genotype for this SNP has been associated with reduced IL-10 production, increased inflammation, and relatively higher rates of IBS [R].

Exercise may increase IL-10 levels [R, R].

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
IL19	**rs1800896**	CT	

12

Bacillus Coagulans

IMPACT 3 / 5

EVIDENCE 3 / 5

How to implement

Take a Bacillus coagulans supplement containing 1 to 2 billion CFUs (colony forming units) daily, with a glass of water, preferably with meals. This routine should be consistently followed for at least four weeks to potentially see benefits.

Description

Bacillus coagulans is a probiotic strain believed to support digestive health and boost the immune system. It's used in various probiotic supplements and may aid in maintaining gut balance.

How it helps

Bacillus Coagulans are probiotics present in supplemental form that aid in promoting healthy gut bacteria. They could reduce the severity of IBS symptoms such as abdominal pain and bloating, while increasing bowel movement regularity.

A meta-analysis of 43 studies and 5,531 IBS patients analyzing different probiotics identified Bacillus coagulans as the **optimal one to improve IBS symptom relief rate, global symptoms, abdominal pain, bloating, and straining scores** when taken for 8 weeks [R].

Supplementation with Bacillus coagulans GBI-30, 6086 for 8 weeks **improved abdominal pain and bloating** in a placebo-controlled trial of 44 IBS patients. This strain **reduced daily bowel movements** in a placebo-controlled trial of 52 patients with diarrhea-predominant IBS [R, R].

The combination of B. coagulans and simethicone (Colinox) taken 3x/day for 4 weeks **improved bloating, discomfort, and pain** in a placebo-controlled trial of 52 IBS patients [R].

In a placebo-controlled trial of 50 IBS patients, taking synbiotic capsules (109 cfu B. coagulans and 400 mg inulin) as an add-on to a low-FODMAP diet for 8 weeks **improved symptom severity better than the diet alone** [R].

13

Elimination Diet

IMPACT 3 / 5

EVIDENCE 3 / 5

How to implement

Begin by removing foods you suspect might be causing adverse reactions for 2-3 weeks. These often include dairy, gluten, soy, nuts, eggs, corn, and processed sugars. After this period, reintroduce each food group one at a time every 3 days, while noting any symptoms that may reappear. This process helps identify food intolerances or sensitivities.

Description

An elimination diet involves removing specific foods or food groups from the diet to identify and address potential food sensitivities or allergies. It can help alleviate symptoms such as digestive issues, skin problems, and allergic reactions by pinpointing trigger foods.

An elimination diet omits foods that can cause your body to have a reaction. Foods are removed for a period of time and then added back in. This helps figure out what foods are causing symptoms or making them worse [R].

Salicylates are compounds naturally found in many foods and drinks. These include wine, tea, beans, and tomatoes [R, R].

One form (*salicylic acid*) is found in aspirin. People who are sensitive to salicylates may have a reaction to aspirin and other NSAIDs [R, R].

How it helps

An elimination diet helps identify specific foods that trigger IBS symptoms, allowing for a personalized approach to managing the condition.

A dietitian can help you temporarily remove specific foods from your diet and reintroduce them to identify the ones that are triggering IBS symptoms. Foods commonly eliminated from the diet of IBS patients include [R]:

- High-gas foods such as carbonated beverages, alcoholic beverages, and legumes
- Gluten-containing foods such as wheat, barley, and rye products
- High-FODMAP foods such as certain vegetables, fruits, grains, and dairy products

Elimination diets reduced IBS symptoms in clinical trials of patients with IBS and migraines [R, R].

14

Lactobacillus Plantarum

IMPACT 3 / 5

EVIDENCE 3 / 5

How to implement

Take a probiotic supplement containing *Lactobacillus plantarum* 299V daily. The typical dosage is 10 billion colony-forming units (CFUs). Continue for at least 4 weeks to assess benefits on digestive health.

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus plantarum is a probiotic bacterium found in many fermented plant products such as sauerkraut, pickles, brined olives, and Korean kimchi [R].

People take *L. plantarum* supplements to improve [R, R, R, R]:

- Diarrhea
- Skin appearance
- IBD
- High cholesterol

How it helps

Two meta-analyses (the largest one with 43 trials and 5,531 IBS patients) identified *L. plantarum* among the probiotics improving abdominal distension and flatulence. Moreover, one of them found it the most effective one at improving quality of life [R, R].

15

Meditation

IMPACT 3 / 5

EVIDENCE 2 / 5

How to implement

Set aside 10-20 minutes each day in a quiet space without distractions to practice meditation. Focus on your breath or perform guided meditation using an app or audio track.

TYPICAL STARTING DOSE

30 minutes

Description

Meditation is a mindfulness practice that can reduce stress, improve mental clarity, and promote relaxation. Regular meditation is associated with numerous mental and emotional health benefits, including reduced anxiety and enhanced emotional well-being.

Meditation is a relaxation technique that trains your mind to focus and redirect your thoughts. Some of the main types of meditation are [R]:

- Mindfulness
- Focused
- Transcendental
- Mantra
- Moving

People use meditation to improve [R, R]:

- Stress and anxiety
- Mood
- Sleep disturbances
- Pain

How it helps

Stressful events may trigger your IBS symptoms. In turn, IBS symptoms can make you anxious and frustrated [R, R, R, R].

The following practices may help with IBS by relieving stress:

- Yoga [R, R, R]
- Mindfulness meditation [R, R, R]

PERSONALIZED TO YOUR GENES

HTR3A is a gut serotonin receptor that can cause nausea, vomiting, and anxiety when activated [R].

Your genotype for this SNP has been associated with somewhat more HTR3A receptor activity and higher IBS rates [R].

Psychological stress is believed to trigger and worsen IBS, possibly through the activation of these HTR3A serotonin receptors in the gut [R, R, R].

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
NNMT	**rs1062613**	CT	

16

Walking

IMPACT 3 / 5

EVIDENCE 2 / 5

How to implement

Incorporate at least 30 minutes of brisk walking into your daily routine, aiming for a minimum of five days a week. This can be done in one continuous session or broken into shorter periods, such as three 10-minute walks throughout the day.

TYPICAL STARTING DOSE

30 minutes

Description

Walking is a low-impact form of exercise that can contribute to cardiovascular fitness, weight management, and improved overall health. It is used to support physical activity goals, enhance mood, and promote better cardiovascular health.

How it helps

IBS is more common in people who don't exercise regularly. Moderate exercise can improve your gut health and reduce IBS symptoms by [R, R, R, R, R]:

- Improving gut muscle tone
- Reducing stress
- Boosting probiotic bacteria

Types of exercise appropriate for people with IBS include **walking, mild cardio, swimming, and yoga.** On the other hand, **intense exercise may stress out your gut**, so it's important to stay within your comfort zone [R, R, R].
The *American College of Gastroenterology* recommends exercise for IBS symptom improvement [R].

17

Swimming

IMPACT 3 / 5

EVIDENCE 2 / 5

How to implement

Incorporate swimming into your routine for at least 30 minutes, 3 times a week. Choose a pace and stroke that keeps your heart rate elevated yet allows you to breathe comfortably. Continue this practice regularly for long-term health benefits.

TYPICAL STARTING DOSE

30 minutes

Description

Swimming is a whole-body workout that engages various muscle groups, promoting strength and endurance. It helps keep the heart and lungs healthy, improves flexibility, and can even help reduce stress. Regular swimming is a great way to maintain a balanced, fit, and healthy lifestyle.

How it helps

IBS is more common in people who don't exercise regularly. Moderate exercise can improve your gut health and reduce IBS symptoms by [R, R, R, R, R]:

- Improving gut muscle tone
- Reducing stress
- Boosting probiotic bacteria

Types of exercise appropriate for people with IBS include **walking, mild cardio, swimming, and yoga.** On the other hand, **intense exercise may stress out your gut**, so it's important to stay within your comfort zone [R, R, R].
The *American College of Gastroenterology* recommends exercise for IBS symptom improvement [R].

18

Synbiotics

IMPACT 3 / 5

EVIDENCE 2 / 5

How to implement

Take a synbiotic supplement that combines both prebiotics and probiotics daily, ideally with a meal. The specific dosage depends on the product, but generally ranges from 1 to 10 billion CFUs for probiotics. Consult the product's label for exact dosing instructions and continue use for at least 4 weeks to assess effectiveness.

Description

Synbiotics are dietary supplements that combine probiotics (beneficial bacteria) and prebiotics (fiber) to support gut health. They help maintain a balanced gut microbiome and digestive well-being.

How it helps

Consuming functional foods and synbiotics with inulin (0.9-4 g, 2x/day) for 2 weeks improved constipation, feeling of incomplete evacuation, bloating, belching, pain, and quality of life in 4 non-placebo-controlled trials of 207 people with IBS [R, R, R, R].

The combination of fructo-oligosaccharides (100 mg, 3x/day) with a *Bacillus coagulans* probiotic reduced pain and prevented diarrhea from worsening over time in a 12-week placebo-controlled trial of 56 people with IBS. Similarly, another product combining fructo-oligosaccharides (947 mg, 2x/day) with *Bifidobacterium animalis*, *B. longum*, *B. bifidum*, *Lactobacillus acidophilus*, and *L. rhamnosus* strains improved symptoms such as diarrhea, pain, and flatulence in an 8-week placebo-controlled trial of 80 people [R, R].

19

Aloe Vera

IMPACT 2 / 5

EVIDENCE 3 / 5

How to implement

Take a 50 mg Aloe vera supplement daily, with a glass of water, preferably at the same time each day to maintain consistency.

TYPICAL STARTING DOSE

50 mg

Description

Aloe vera is a succulent plant native to arid regions and contains a gel-like substance in its leaves that is rich in vitamins, minerals, and antioxidants, making it beneficial for soothing skin irritations, promoting wound healing, and providing relief from conditions such as sunburn and minor burns. The primary active compounds in aloe vera gel include polysaccharides, vitamins like vitamin C and E, and minerals such as zinc, which contribute to its healing and anti-inflammatory effects.

Aloe vera lives in the desert, and its thick leaves store water in the form of a gel [R].

People use aloe gel to help soften the skin and soothe burns [R].

Oral aloe supplements may help with blood sugar and gut health [R].

How it helps

A meta-analysis of three studies and 151 IBS patients found that those who took *Aloe vera* experienced improvements in their symptoms compared to those taking a placebo. The analysis also found no significant adverse effects [R].

However, both *Aloe vera* and a close relative (*Aloe barbadensis*) showed little effectiveness in 4 placebo-controlled trials of 224 people with IBS [R, R, R, R].

Aloe may help with IBS-C by stimulating motility and mucus secretion in the intestines [R, R].

20

Maintain Optimal Vitamin D Levels

IMPACT 2 / 5

EVIDENCE 3 / 5

How to implement

Check your vitamin D levels, they should ideally be in the 30-66 ng/mL range. If your levels are lower than that, take a vitamin D supplement, 1000-4000 IU daily, to reach an optimal range.

TYPICAL STARTING DOSE

1000 iu

Description

Vitamin D, often referred to as the "sunshine vitamin," can be synthesized by the skin when exposed to sunlight, as well as being found in fish, eggs, and fortified milk. It helps regulate calcium absorption, promoting strong bones and a healthy immune system. Vitamin D deficiency can lead to conditions like rickets in children and osteoporosis in adults.

Your body needs vitamin D for strong bones. Vitamin D also plays a role in [R]:

- Mood
- Immunity
- Heart health
- Blood sugar control

Sunlight is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [R, R].

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. **People lacking vitamin D should consider taking a supplement** [R].

How it helps

People lacking vitamin D may be more prone to IBS. Vitamin D supplementation improved IBS symptoms in many studies. Effective doses were **14,000-28,000 IU per week** for up to 6 months [R, R, R, R, R].

Vitamin D may help with IBS by [R, R]:

- Preventing infections
- Reducing inflammation
- Balancing the immune system

Please note: *Experts recommend getting 600-800 IU of vitamin D per day. Medical bodies recommend against taking more than 4,000 IU per day* [R].

PERSONALIZED TO YOUR GENES

The IL10 gene codes for an important anti-inflammatory cytokine that prevents your immune system from attacking itself and beneficial gut flora [R, R, R].

Your genotype for this SNP has been associated with reduced IL-10 production, increased inflammation, and relatively higher rates of IBS [R].

Vitamin D may increase IL-10 levels [R, R].

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
IL19	**rs1800896**	CT	

21

Mindfulness

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Set aside 5-10 minutes each day to practice mindfulness meditation. Find a quiet place, assume a comfortable seated position, close your eyes, focus on your breathing, and observe your thoughts and sensations without judgment.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness involves paying focused and non-judgmental attention to the present moment. It can reduce stress, improve emotional regulation, and enhance overall mental clarity and well-being.

Mindfulness is the practice of being aware of the present moment. When practicing mindfulness, a person acknowledges their thoughts, feelings, and sensations without any judgment [R].

Mindfulness and other types of meditation may improve [R]:

- Weight and anxiety
- Low mood
- Sleep disturbances
- Pain
- High blood pressure

How it helps

In 5 non-placebo-controlled trials of 340 IBS patients (in total), different mindfulness meditation programs significantly improved reported IBS symptoms, psychological distress, and quality of life [R, R, R, R, R].

Mindfulness may help by reducing stress.

22

Iyengar Yoga

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Attend a 90-minute Iyengar yoga class at least once a week. Choose a class led by a certified Iyengar yoga instructor to ensure proper guidance and technique adherence.

TYPICAL STARTING DOSE

1 hour

Description

Iyengar yoga is a style of yoga that emphasizes proper alignment and the use of props to support poses. It can help improve flexibility, balance, and mental well-being through precise and controlled movements.

How it helps

In 3 trials (2 of them non-placebo-controlled) of 104 adolescents and adults with IBS, practicing Iyengar yoga for 6-16 weeks improved IBS severity, abdominal pain, sleep, visceral sensitivity, and nausea [R, R, R].

Iyengar yoga may help by alleviating stress and promoting gut health through certain postures that aid in digestion.

23

Lactobacillus Rhamnosus GG

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus rhamnosus GG (LGG) is a probiotic that has been shown to have a number of health benefits, including reducing the risk of diarrhea, improving gut health, and boosting the immune system. LGG can be taken as a supplement or found in some yogurts and other fermented foods.

How it helps

A meta-analysis of 3 trials and 167 participants concluded that supplementation with *Lactobacillus rhamnosus* GG increased treatment success in people with abdominal pain-related functional gastrointestinal disorders, particularly among children with IBS [R].

Both a low-FODMAP diet and supplementation with *Lactobacillus rhamnosus* GG were similarly effective at improving symptom severity in a non-placebo-controlled trial of 123 IBS patients [R].

24 Lactobacillus Acidophilus

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Take a probiotic supplement containing Lactobacillus acidophilus. Look for products that offer around 10 billion CFUs (colony-forming units) and take it once daily, preferably on an empty stomach, either first thing in the morning or right before bed.

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus acidophilus is a probiotic bacterium that has been traditionally and widely used in the dairy industry to make yogurt [R].

More recently, *L. acidophilus* has been used as a probiotic. People take it to help with [R, R, R, R]:

- High cholesterol
- Gut diseases
- Allergies
- Vaginal infections

How it helps

In a meta-analysis of 10 studies, probiotics improved pain scores if they contained *Bifidobacterium breve*, *B. longum*, or ***Lactobacillus acidophilus***. All probiotic species tested improved flatulence [R].

25 Lactobacillus Bulgaricus

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Take a supplement containing Lactobacillus bulgaricus at the dosage advised on the product label, typically once or twice daily with a glass of water, preferably with meals to support digestion and absorption. Continue this regimen daily for at least one month to evaluate its effects on your digestive health.

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus bulgaricus is another probiotic bacterium commonly used in dairy fermentation and probiotic supplements. It supports digestive health and may help improve lactose digestion in individuals with lactose intolerance.

How it helps

A meta-analysis examined probiotics for treating IBS symptoms. *Lactobacillus bulgaricus*, among other species, showed effectiveness in reducing flatulence [R].

26

Lactobacillus Rhamnosus

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Take a probiotic supplement containing Lactobacillus rhamnosus. Typically, the suggested dose is 10 billion CFUs (colony-forming units) per day. This can be taken as a single daily dose or divided into two doses, morning and evening, with or without food. Continue this regimen for at least 4 weeks to observe benefits.

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus rhamnosus is a beneficial probiotic strain that can support digestive health and contribute to a balanced gut microbiome. It may help improve gut function, enhance nutrient absorption, and bolster the immune system, promoting overall well-being.

Lactobacillus rhamnosus is a probiotic bacterium, part of the normal gut microflora. Various foods may have added *L. rhamnosus*, including yogurt, cheese, and fermented legumes [R, R].

People take *L. rhamnosus* supplements to balance their immune system and help with infections, allergies, and dermatitis [R].

How it helps

Compared with placebo, LGG supplementation was associated with a significantly higher rate of treatment responders (defined as no pain or a decrease in pain intensity) in the overall population with abdominal pain-related functional gastrointestinal disorders and the IBS subgroup in a meta-analysis [R].

Another trial on 123 patients investigated the effects of a low FODMAP diet and the probiotic *Lactobacillus rhamnosus* GG in IBS. A significant reduction in mean IBS scores from baseline to week 6 was observed [R].

27

Hypnosis

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Engage in a hypnosis session with a qualified practitioner for 20-30 minutes, 1-2 times per week. Consistency over several weeks to months is important for optimal benefits.

TYPICAL STARTING DOSE

20 minutes

Description

Hypnosis is a therapeutic technique that may help individuals manage stress, anxiety, and certain behavioral issues. It involves deep relaxation and focused attention and can be used to address various mental and emotional health concerns.

Hypnosis is a trance-like state meant to [R, R]:

- Promote relaxation
- Sharpen focus
- Make a person more open to suggestions

Despite the way it's often portrayed in the media, hypnosis is a real practice used to support mental health [R, R].

Only a licensed professional should help you achieve hypnosis.

How it helps

In people with IBS, hypnotherapy (4-12 sessions over 1-3 months) may improve [R, R, R, R, R, R]:

- Digestive symptoms (constipation, pain, bloating)
- Mental health problems (stress, anxiety, depression)
- Quality of life

Hypnotherapy may also increase the effectiveness of medical IBS treatment [R].

28

Avoid Large Meals

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Divide your daily food intake into smaller portions spread out over five to six times a day instead of having three large meals. Ensure that each portion is balanced and includes a variety of nutrients. This means having breakfast, a mid-morning snack, lunch, an afternoon snack, dinner, and possibly a light evening snack, depending on your caloric needs.

Description

Eating smaller, more frequent meals may help prevent overeating. This involves eating the same number of meals at about the same times every day. Doing so may help with issues like blood pressure, body weight, cholesterol levels, and migraines.

Eating smaller, more frequent meals may help prevent overeating. One way to do this is to keep a regular meal schedule. This involves eating the same number of meals at about the same times every day. Doing so may help [R, R, R]:

- Manage blood pressure
- Balance the internal clock
- Maintain a healthy body weight
- Support healthy cholesterol levels
- Prevent migraines

How it helps

Experts often recommend a regular meal pattern avoiding large meals to people with IBS. In 2 non-placebo-controlled trials of 137 patients, brief advice on a commonly recommended diet (including the avoidance of large meals) improved IBS symptoms. The intervention was more effective when patients also reduced their intake of dietary FODMAPs [R, R, R].

Eating smaller, more frequent meals can help regulate digestion and reduce IBS symptoms such as bloating and abdominal pain.

29

Bifidobacterium Longum

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Take a Bifidobacterium longum supplement daily, with a typical dosage around 10 billion colony-forming units (CFUs). It can be consumed any time of day, but taking it with a meal might improve its absorption and effectiveness. Continue this regimen for at least 4 weeks to assess its benefits on digestive health.

TYPICAL STARTING DOSE

10 billion CFU

Description

Bifidobacterium longum is a beneficial probiotic strain known for its potential to support digestive health and boost the immune system.

Bifidobacterium longum is a probiotic bacterium naturally present in the human gastrointestinal tract. Its subspecies *B. longum subsp. infantis* is one of the earliest bacteria to colonize the infant gut [R].

People take *B. longum* to enhance immunity against infections and support gut health [R, R, R].

How it helps

A meta-analysis of 10 studies found that probiotics improved pain scores in people with IBS if they contained *Bifidobacterium longum*. All probiotic species tested improved flatulence [R].

Bifidobacterium longum helps regulate the gut microbiota and aids in the digestion of complex carbohydrates. Regular ingestion can reduce bloating and abdominal pain.

30

Enemas

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

To implement an enema as part of your lifestyle, you'll need to use an enema kit, which typically includes a liquid solution and a tube. First, you should lie down on your side, gently insert the tube into the rectum, and slowly squeeze the liquid solution from the bag into the bowel. This process is usually done once or as recommended by a healthcare provider, not exceeding once per week for routine use without medical supervision.

Description

Enemas are a medical procedure involving the introduction of liquid into the rectum to cleanse the colon or deliver medications. They can provide relief from constipation and help remove toxins from the body, but they should be used under medical supervision and when medically necessary.

An enema is a device designed to deliver liquid (such as saline or plain water) into the bowels through the anus [R, R].

Enemas may help relieve constipation [R].

How it helps

Enemas are an effective procedure to treat constipation. Once the enema solution is administered through the anus, it is held there to allow time for the solution to get absorbed and mix with the stool. This softens the stool, and voluntary evacuation of the solution after a few minutes normally results in immediate relief [R].

In a small, non-placebo-controlled trial of 18 people with IBS (12 of them with IBS-C), enemas (12x/week for 1-4 weeks) improved stool frequency, pain, and discomfort [R].

Importantly, there are a variety of side effects (such as electrolyte imbalance, dehydration, bowel damage, and sepsis) associated with different types of enemas. **Because some of them can be dangerous, it’s important to use enemas only as directed by a reputable practitioner and immediately report any unwanted effects caused by their use.**

31

Mindfulness-Based Stress Reduction (MBSR)

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Enroll in an 8-week MBSR course, which includes a weekly 2.5-hour class, one all-day class after the sixth week, and 45 minutes of daily home practice guided by assignments and instructional recordings.

TYPICAL STARTING DOSE

2 hours

Description

Mindfulness-Based Stress Reduction (MBSR) is a structured program that teaches mindfulness techniques to reduce stress and improve overall mental and emotional health. MBSR has been shown to help individuals cope with chronic pain, anxiety, and other stress-related conditions.

How it helps

A meta-analysis of 13 studies found mindfulness-based stress reduction effective at reducing pain, symptom severity, depression, and anxiety, while increasing quality of life, in patients with somatization disorders. The meta-analysis found the results especially consistent for IBS [R].

However, a non-placebo-controlled trial of 83 IBS patients found acceptance and commitment therapy more effective than mindfulness-based stress reduction [R].

32

Drink at Least 8 Glasses of Water a Day

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Consume a total of at least 64 ounces (or approximately 1.9 liters) of water over the course of the day. This can be divided into 8 glasses, each containing 8 ounces of water. Aim to drink evenly throughout the day to avoid dehydration.

Description

Water is an essential nutrient for nearly every process in your body, helping to mainting brain and gut function, maintain a health weight, as well as energy and performance levels, among others.

Water is essential for life. It supports nearly every process in your body [R].

Water helps maintain [R]:

- Energy and performance levels
- Brain function
- Gut function
- Healthy weight

Most experts recommend drinking **around 8 glasses (64 oz. or 2 L) of water daily**. You might need more or less than this, depending on how active you are, where you live, or what your overall health is like [R].

How it helps

Doctors usually recommend drinking enough water and naturally sweetened fruit and vegetable juices to people with constipation. Water helps the dietary fiber make the stools softer and easier to pass. In a non-placebo-controlled trial of 117 people with chronic constipation, drinking 1.5-2 L/day enhanced the effectiveness of a high fiber intake (25 g/day) [R, R].

33

Avoid Spicy Food

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Eliminate or significantly reduce consumption of foods high in spices, such as hot peppers, curry, and salsa, from your daily diet.

Description

For individuals sensitive to spicy foods, avoiding excessively hot or spicy dishes can prevent digestive discomfort and heartburn, promoting better gastrointestinal comfort and overall well-being.

How it helps

Two studies of 4763 adults and 988 adolescent girls associated frequent intake of spicy food such as pepper, curry, ginger, cinnamon, and turmeric with 2-5 times higher risk of IBS [R, R].

In a non-placebo-controlled trial of 58 people, eating a spicy meal with 2 g chili or supplementing with the same amount of chili in capsules caused significant abdominal pain and burning in those with IBS-D but only mild burning in healthy controls [R].

Spicy foods can irritate the gut lining and exacerbate IBS symptoms.

34

Yoga

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Practice yoga for at least 20 to 30 minutes a day, most days of the week. Choose a style that matches your fitness level and goals, and consider attending a class or using online resources to guide your practice.

TYPICAL STARTING DOSE

30 minutes

Description

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It enhances flexibility, strength, and mental well-being and is used for stress reduction, relaxation, and overall health improvement.

Yoga combines breathing, stretching, and relaxation techniques. Practicing yoga may help [R, R, R]:

- Reduce stress
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

How it helps

Yoga interventions (10-28 sessions) improved digestive symptoms, pain, anxiety, sleep quality, and functional disability in 6 non-placebo-controlled trials of 200 adults (in total!) and children with IBS [R, R, R, R, R, R].

In a non-placebo-controlled trial of 22 men with IBS-D, practicing yoga (a set of 12 poses, 2x/day) for 2 months was as effective as conventional medication (loperamide, 2-6 mg/day) at improving bowel symptoms and anxiety [R].

Yoga may help by reducing stress and promoting relaxation.

PERSONALIZED TO YOUR GENES

HTR3A is a gut serotonin receptor that can cause nausea, vomiting, and anxiety when activated [R].

Your genotype for this SNP has been associated with somewhat more HTR3A receptor activity and higher IBS rates [R].

Psychological stress is believed to trigger and worsen IBS, possibly through the activation of these HTR3A serotonin receptors in the gut [R, R, R].

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
NNMT	**rs1062613**	CT	

35

Bifidobacterium Bifidum

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Take a bifidobacterium bifidum supplement according to the manufacturer's instructions, usually once or twice daily with a glass of water and potentially with meals. Supplement duration varies; some may use it continuously for ongoing gut health support, while others might take it for a specific period, such as 4-8 weeks, especially during or after antibiotic treatment.

TYPICAL STARTING DOSE

10 billion CFU

Description

Bifidobacterium bifidum is a probiotic strain that can help support digestive health and maintain a balanced gut microbiome.

Bifidobacterium bifidum is a probiotic bacterium naturally present in the human gastrointestinal tract. This species is the second most abundant one in breast-fed infants, but its levels decrease during adulthood [R].

People take *B. bifidum* to help with [R]:

- Digestive issues
- Eczema
- Infections

How it helps

Bifidobacterium Bifidum, a probiotic, aids in maintaining a healthy balance of gut bacteria, which can alleviate symptoms such as bloating and irregular bowel movements seen in Irritable Bowel Syndrome. It also strengthens your intestinal wall, preventing harmful bacteria from causing inflammation and discomfort.

In various placebo-controlled trials involving patients with IBS, different probiotics containing *B. bifidum* showed positive effects. *B. bifidum* MIMBb75 supplementation improved IBS symptoms and quality of life in a placebo-controlled trial of 122 patients. Heat-inactivated *B. bifidum* MIMBb75 significantly alleviated IBS and its symptoms in a placebo-controlled trial of 443 patients with IBS. A synbiotic containing *B. bifidum* DSMZ 32403, several other probiotic strains, and fructooligosaccharides improved symptoms and was well tolerated in a placebo-controlled trial of 68 IBS-D patients [R, R, R].

36

Fennel

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Take a fennel supplement in doses ranging from 100 to 600 mg per day, divided into two or three doses. It is recommended to start with a lower dose to assess tolerance. Continue taking the supplement for up to three months to evaluate its effectiveness.

TYPICAL STARTING DOSE

100 mg

Description

Fennel is a flavorful herb and vegetable with potential digestive and anti-inflammatory properties. It can be used in cooking to add flavor to dishes while potentially offering digestive support.

Fennel (*Foeniculum vulgare*) is an herb belonging to the carrot family. Fennel shoots, bulbs, leaves, and seeds are edible and used in food. Parts of the plant are also used in soaps and perfumes [R, R, R].

As an herbal remedy, fennel may help with period cramps and anxiety [R, R].

How it helps

Fennel, as a supplement, can help with Irritable Bowel Syndrome (IBS) as it has antispasmodic properties, reducing muscle spasms in the gut and alleviating IBS symptoms like bloating and digestive discomfort. Additionally, it may help to prevent the syndrome through its impact on improving overall gut health and motility.

A RCT with 121 patients with mild-to-moderate symptoms of IBS found that curcumin and fennel essential oil (for 30 days) **improved IBS symptoms**, including abdominal pain, and quality of life [R].

37

Bifidobacterium Breve

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Take a Bifidobacterium breve supplement according to the product's specific instructions, usually 1-2 capsules daily with water, ideally before meals for better absorption. This regimen should be followed for at least 2-4 weeks to start observing benefits.

TYPICAL STARTING DOSE

10 billion CFU

Description

Bifidobacterium breve is another probiotic strain that can contribute to digestive health and support a balanced gut microbiome. People use *B. breve* as a supplement to improve skin health and combat allergies and infection.

Bifidobacterium breve is a probiotic species found in human breast milk and the gastrointestinal tracts of infant and adult humans. As an individual ages, the total population of B. breve within their gut decreases [R].

People use *B. breve* as a supplement to improve skin health and combat allergies and infections [R, R, R].

How it helps

A meta-analysis of 10 studies concluded that probiotics containing *B. breve* improve pain in patients with IBS [R].

38

Osteopathic Manipulation

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Schedule an appointment with a licensed osteopathic physician (DO) who specializes in osteopathic manipulative treatment (OMT). Initially, you might need to go for treatment once a week for 4-6 weeks, depending on your condition's severity and response to treatment. After the initial period, the frequency may be reduced based on your physician's advice.

Description

Osteopathic manipulation is a hands-on medical approach used by osteopathic physicians to diagnose, treat, and prevent medical conditions. It involves techniques like stretching, pressure, and resistance to support musculoskeletal health and overall well-being.

Osteopathic manipulation involves applying pressure to different parts of the body. A practitioner will move your muscles and joints to relieve pain and other health issues [R].

How it helps

In people with IBS, osteopathic manipulation may [R, R, R]:

- **Improve digestion**
- **Relieve pain**
- **Boost quality of life**

Most studies on osteopathic manipulation and IBS involved 1-2 weekly sessions over 1-3 weeks [R, R, R].

PERSONALIZED TO YOUR GENES

Your *DAGLB* gene variant is linked to IBS. This gene influences the levels of cannabinoids, which are important for gut health and pain control. Osteopathic manipulation may help boost cannabinoids [R, R, R, R, R].

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
KDELR2	**rs12702514**	TC	

39

Inulin

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Take 5 grams of inulin supplement daily, mixing it with water, other beverages, or food. It can be taken all at once or divided into smaller doses throughout the day. Start with a lower dose to assess your tolerance and gradually increase. Continue taking inulin daily for at least 4-8 weeks to assess its benefits on gut health.

TYPICAL STARTING DOSE

5 g

Description

Inulin is a type of dietary fiber found in certain plants. It can support digestive health by promoting the growth of beneficial gut bacteria and aiding regular bowel movements.

How it helps

Consuming functional foods and synbiotics (products combining prebiotics and probiotic bacteria) with inulin (0.9-4 g, 2x/day) for 2 weeks improved constipation, feeling of incomplete evacuation, bloating, belching, pain, and quality of life in 4 non-placebo-controlled trials of 207 people with IBS [R, R, R, R].

Inulin increases the bulk of the stool by forming a gel-like substance and by increasing beneficial bacteria in the human gut. Moreover, it stimulates the growth of beneficial *Bifidobacterium* while reducing harmful bacteria (*Bilophila* and *Anaerostipes*) in the gut [R].

40

Guar Gum

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Take 5-10 grams of guar gum with at least 8 ounces of water. Start with a lower dose to assess your tolerance, then gradually increase as needed. It is best taken before meals, up to three times a day.

TYPICAL STARTING DOSE

5 g

Description

Guar gum is a soluble fiber derived from guar beans and is commonly used as a food thickener and stabilizer. Its ability to slow down digestion and promote a feeling of fullness can be beneficial for managing appetite and supporting digestive health when consumed as part of a balanced diet.

Guar gum is a fiber made from the seeds of the Indian cluster bean (*Cyamopsis tetragonolobus*). It is used in food products to help bind and thicken them [R].

Guar gum may help with blood pressure control and support the immune system [R].

How it helps

Supplementation with partially hydrolyzed guar gum (5-6 g/day) for 4-12 weeks improved pain, stool frequency, bloating, and use of laxatives and enemas in 3 non-placebo-controlled trials of 364 people with IBS [R, R, R].

Guar gum (5 g/day) improved stool form and increased the abundance of beneficial gut *Bifidobacterium* in a 12-week placebo-controlled trial of 88 healthy volunteers with a tendency to experience IBS-D symptoms [R].

41

Acupuncture

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Visit a licensed acupuncturist for a session, typically lasting between 30 to 60 minutes, once or twice a week. Depending on your specific condition, a course of treatment might range from a few weeks to several months.

TYPICAL STARTING DOSE

1 hour

Description

Acupuncture is a part of traditional Chinese medicine. It involves inserting thin needles at specific points on the body. People use it to relieve pain and allergies, as well as reduce nausea and improve sleep.

Acupuncture is a part of traditional Chinese medicine. It involves **inserting thin needles at specific points on the body.** People use it to [R, R, R, R, R]:

- Relieve pain
- Improve sleep quality
- Relieve allergies
- Reduce nausea

How it helps

Acupuncture may improve the symptoms and quality of life in people with IBS. Most studies of acupuncture and IBS included 3-5 weekly sessions over 4-6 weeks [R, R, R, R, R, R, R].

Acupuncture seems to help with IBS by **reducing stress and stomach pain** [R, R].

Please note: *Acupuncture is generally safe for most people, but it may come with extra risks for pregnant women, people with pacemakers, and people with bleeding disorders. Consult your doctor or a licensed acupuncturist for more information* [R].

42

Prunes

IMPACT 2 / 5

EVIDENCE 1 / 5

How to implement

Eat 5-6 prunes daily, either as a snack or incorporated into meals, to help improve digestion and potentially bone health. Continue this habit consistently for at least a few weeks to observe benefits.

Description

Prunes are dried plums that are rich in dietary fiber, vitamins, and minerals, particularly potassium and vitamin K, as well as antioxidants. They are often consumed to support digestive health and may help regulate bowel movements.

Prunes are a good source of omega-6 fatty acids, vitamin A and B6, potassium, iron, magnesium, and copper. A ½ cup serving provides 635 mcg or 14%DV.

How it helps

Prunes (dried plums) are popularly believed to help relieve constipation. For instance, prunes were the food most commonly identified as stool-softening in a survey on 200 healthy people, 122 patients with chronic constipation, and 766 with constipation-predominant IBS [R].

A meta-analysis confirmed the effectiveness of prunes and their superiority to psyllium in people with constipation [R].

Prunes may help through their high content in fiber.

43

Fructooligosaccharides (FOS)

IMPACT 2 / 5

EVIDENCE 1 / 5

How to implement

Take 3 to 10 grams of fructooligosaccharides (FOS) supplement per day, preferably with meals. Start with a lower dose to assess your tolerance and gradually increase to avoid digestive discomfort. This supplement can be taken indefinitely as part of your daily routine to support gut health.

TYPICAL STARTING DOSE

3 g

Description

Fructooligosaccharides are a type of prebiotic fiber found in various fruits and vegetables. They support gut health by nourishing beneficial gut bacteria, promoting digestive regularity, and potentially enhancing overall well-being.

How it helps

Short-chain fructo-oligosaccharides (5 g/day), reduced pain threshold and improved quality of life in a 4-week placebo-controlled trial of 79 people with IBS. Those with IBS-C experienced the greatest benefits [R].

The combination of fructo-oligosaccharides (100 mg, 3x/day) with a *Bacillus coagulans* probiotic reduced pain and prevented diarrhea from worsening over time in a **12-week placebo-controlled trial of 56 people with IBS**. Similarly, another product combining fructo-oligosaccharides (947 mg, 2x/day) with *Bifidobacterium animalis*, *B. longum*, *B. bifidum*, *Lactobacillus acidophilus*, and *L. rhamnosus* strains improved symptoms such as diarrhea, pain, and flatulence in an 8-week placebo-controlled trial of 80 people [R, R].

44

Cinnamon

IMPACT 2 / 5

EVIDENCE 1 / 5

How to implement

Take a 1 g cinnamon supplement once daily, ideally with a meal to aid absorption. This can be in the form of a capsule or tablet. Continue this regimen as long as it aligns with your health goals and under the guidance of a healthcare provider.

TYPICAL STARTING DOSE

500 mg

Description

Cinnamon is a popular spice that may have various health benefits, including improving blood sugar control, reducing inflammation, and providing antioxidants. It's commonly used in both culinary and herbal applications.

Cinnamon is a spice made from the bark of *Cinnamomum* trees. Cinnamon can [R]:

- Decrease inflammation
- Fight oxidative stress
- Kill microbes

Cinnamon is mainly used in cooking and fragrances. **As a natural remedy, people use cinnamon to reduce blood sugar** [R].

There are two main types of cinnamon [R]:

- Ceylon or ‘true’ cinnamon (*Cinnamomum verum*)
- Chinese or Cassia cinnamon (*Cinnamomum cassia*)

How it helps

Cinnamon can help manage Irritable Bowel Syndrome by reducing inflammation and healing infections in the gastrointestinal tract, contributing to better digestion. Also, Cinnamon's natural antimicrobial properties can help rebalance gut bacteria, useful in managing this syndrome.

An RCT with 70 subjects with diarrhea symptoms found that cinnamon (*Cinnamomum cassia*) water extract (1,200 mg, 2x/day for 8 weeks) **improved diarrhea symptoms** by changing the gut environment. It **increased colonic transit time, fecal isobutyric acid, and spermidine contents**. It also **decreased fecal indole and agmatine contents**. Cinnamon increased alpha diversity and changed strains such as Bifidobacterium longum ATCC 55813 [R].

45

Mindful Eating

IMPACT 2 / 5

EVIDENCE 1 / 5

How to implement

Allocate at least 20-30 minutes for each meal, taking small bites and chewing each bite around 20-30 times before swallowing. This practice should be maintained consistently at every meal to enhance digestion and control portion sizes.

Description

Chewing slowly and thoroughly can aid in digestion and promote a sense of fullness, potentially assisting with portion control and weight management. It can also enhance nutrient absorption by breaking down food more effectively in the mouth.

How it helps

A study of 988 adolescent girls associated insufficient food chewing with a 4 times higher risk of IBS [R].

Eating slowly and chewing thoroughly can help prevent swallowing excess air, which may reduce gas and bloating.

46

Avoid Carbonated Beverages

IMPACT 2 / 5

EVIDENCE 1 / 5

How to implement

Stop consuming drinks like soda, sparkling water, and other carbonated beverages. If you're used to drinking these regularly, gradually reduce your intake by replacing one carbonated drink with a non-carbonated alternative, such as still water or herbal tea, each day until you no longer consume them.

Description

Avoiding carbonated beverages, particularly those high in sugar or artificial additives, can support dental health by reducing the risk of tooth decay and enamel erosion, and avoid potentially irritating the bladder.

How it helps

Experts recommend reducing the intake of carbonated beverages to reduce the gaseous symptoms of IBS [R].

In line with this, a study of 4621 participants associated a high intake of carbonated beverages with a 7% higher risk of IBS [R].

Carbonated drinks can cause gas and bloating, which may exacerbate IBS symptoms.

47

Prescript-Assist Probiotic

IMPACT 2 / 5

EVIDENCE 1 / 5

How to implement

Take one capsule of Prescript-Assist Probiotic daily with water. It can be taken with or without food. Continue this regimen daily for at least 30 days to evaluate its effects on your digestive health.

Description

Prescript-Assist is a brand of probiotic supplement containing a blend of soil-based microorganisms. It's intended to promote a balanced gut microbiome and support digestive health.

How it helps

In a placebo-controlled trial of 25 patients with IBS, treatment with a prescript-assist probiotic-prebiotic for up to 1 year reduced IBS symptoms such as feeling of illness, nausea, flatulence, indigestion, and diarrhea [R, R].

48

Wheat Bran

IMPACT 1 / 5

EVIDENCE 2 / 5

How to implement

Incorporate wheat bran into your diet by adding 1-2 tablespoons to your breakfast cereal, yogurt, or smoothies daily. Start with a smaller amount and gradually increase to avoid digestive discomfort.

Description

Wheat bran is the outer layer of the wheat kernel, rich in dietary fiber and essential minerals like magnesium. It is used to promote digestive health, regulate bowel movements, and may help lower cholesterol levels.

How it helps

Consuming wheat bran (10-30 g/day) improved colonic transit time and stool weight in 3 non-placebo-controlled trials of 272 people with IBS. However, it had little effect on other IBS symptoms and even *increased* pain in one of the studies [R, R, R, R].

Wheat bran may help through its high content in fiber.

49

Curcumin

IMPACT 1 / 5

EVIDENCE 2 / 5

How to implement

Take a 500 mg curcumin supplement daily with food. To enhance absorption, take it with a meal that contains fats or oils since curcumin is fat-soluble.

TYPICAL STARTING DOSE

500 mg

Description

Curcumin is a compound found in turmeric known for its anti-inflammatory and antioxidant properties. It has been studied for its potential to reduce inflammation, support joint health, and contribute to overall well-being.

Turmeric is a yellow spice from India. It may reduce inflammation and oxidative stress [R].

The most important active compound in turmeric is **curcumin.** People use curcumin for [R, R, R, R, R, R]:

- Joint pain
- Hay fever
- Mood
- High blood sugar
- Gut health
- Liver health

How it helps

Supplementing with different turmeric extracts (60-330 mg/day) for 8-18 weeks improved IBS symptoms, pain, discomfort, and quality of life in 2 trials (1 of them placebo-controlled trials) of 306 people. However, its combination with fumitory (1500 mg/day) was ineffective in a placebo-controlled trial of 106 people [R, R, R].

A meta-analysis of these studies found curcumin to have a beneficial but not statistically significant effect on IBS symptoms. The authors warned that the evidence was based on few, very heterogeneous trials and concluded that further, more robust trials were needed [R].

Two placebo-controlled trials of 332 people with IBS found that the combination of curcumin and fennel extract over 1-2 months improved IBS symptoms, pain, and quality of life. In one of them, this combination was most effective in those with IBS-D [R, R].

Curcumin may help by reducing inflammation while increasing serotonin in the brain and gut [R].

Please note: *curcumin may interfere with iron absorption due to its iron-chelating properties, potentially exacerbating anemia or making it harder to manage. If you have anemia, consult your healthcare provider before using curcumin or turmeric supplements* [R, R, R].

50

Bifidobacterium Infantis 35624

IMPACT 1 / 5

EVIDENCE 2 / 5

How to implement

Bifidobacterium infantis 35624 is available in several forms, including capsules, tablets, powder, and liquid. The recommended dosage may vary depending on the specific product and individual health needs, but a common dosage range is between 1 to 10 billion CFU/day. Probiotic supplements should generally be taken with or after meals to improve stability and absorption. If taking the powder form, it can be mixed with water or food. For specific health concerns, such as gut issues or IBS, dosage recommendations may differ, so professional guidance is recommended.

Description

Bifidobacterium infantis 35624 is a specific strain of beneficial bacteria that is naturally found in the human gut, particularly in infants.

This strain is known for its ability to support digestive health and immune function. Research suggests that *B. infantis* 35624 can help maintain a healthy balance of gut microbiota, alleviate symptoms of irritable bowel syndrome, reduce inflammation, and improve overall gut function. It has also been studied for its potential to promote the development of the gut microbiome in infants, particularly in those born via C-section or who are not breastfed.

As a probiotic supplement, *B. infantis* 35624 is commonly used to support digestive health and improve symptoms of gut-related disorders.

How it helps

A meta-analysis of 5 studies found that *B. infantis* 35624 alone didn't help with abdominal pain, bloating/distention, or bowel habit satisfaction in IBS patients, but composite probiotics containing this strain did reduce abdominal pain, bloating, and distension [R].

51

Lactobacillus Paracasei

IMPACT 1 / 5

EVIDENCE 2 / 5

How to implement

Take a supplement containing Lactobacillus paracasei daily, with a dose of around 10 billion colony-forming units (CFUs). Consume the supplement with or without food, but consistently at the same time each day for at least 4 weeks to observe beneficial effects.

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus paracasei is a beneficial probiotic strain that can support digestive health and contribute to a balanced gut microbiome. It may help improve gut function, enhance nutrient absorption, and bolster the immune system, promoting overall well-being.

Lactobacillus paracasei is a type of bacteria naturally found in the intestine. It is considered a **probiotic bacteria**, which means **“good” bacteria** that has health benefits when taken in adequate amounts [R].

L. paracasei is used in the production of the following fermented foods [R]:

- Yogurt
- Cheese
- Sauerkraut

It may help [R, R, R, R, R, R, R, R]:

- Improve gut and skin health
- Boost immunity
- Fight allergies

How it helps

In various placebo-controlled trials involving IBS patients, supplementation with *L. paracasei* strains like HA-196, B21060, and DKGF1 improved stool frequency and well-being while reducing pain and IBS scores. However, a multi-strain probiotic with *L. paracasei* F19, *L. acidophilus* La5, and *B. bifidum* Bb12 didn't yield significant benefits. Similarly, fermented milk with these strains didn't outperform a placebo in improving gastrointestinal symptoms [R, R, R, R, R, R].

L. paracasei may help by promoting a balanced gut microbiota, reducing inflammation, and improving bowel movement frequency.

52

Boswellia Casperome

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take 250mg of Boswellia Casperome (a specific formulation of Boswellia serrata extract) once daily with a glass of water, ideally at the same time each day. This regimen should be followed for at least 8-12 weeks to evaluate its effectiveness in reducing inflammation and improving joint health.

Description

Boswellia Casperome is a specific form of Boswellia extract used in supplements. It may have anti-inflammatory effects and can support joint comfort.

How it helps

In 2 placebo-controlled trials of 140 patients with IBS, supplementation with boswellia Casperome for 4 weeks reduced the number of individuals who needed medical attention and rescue medication [R, R].

Boswellia Casperome through its anti-inflammatory properties.

53

Bacillus Coagulans MTCC5856

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take a supplement containing Bacillus coagulans MTCC5856 at a dose of 2 billion CFUs (colony forming units) once daily, either in the morning or evening, with or without food. Continue this regimen daily for a period of at least 4 to 8 weeks to assess its benefits on digestive health.

Description

Bacillus coagulans MTCC5856 is a specific strain of probiotic bacteria known for its potential to support digestive health and immune function. It's used in probiotic supplements to promote gut microbiome balance.

How it helps

Bacillus Coagulans MTCC5856, a type of probiotic, helps restore balance in your gut by promoting good bacteria growth. This reduces inflammation and alleviates symptoms of Irritable Bowel Syndrome including bloating, abdominal pain, and irregular bowel movements.

In a placebo-controlled trial of 36 patients with diarrhea-predominant IBS, supplementation with *B. coagulans* MTCC 5856 (2 x 109 cfu/day) for 90 days reduced disease severity and symptoms such as bloating, vomiting, diarrhea, abdominal pain, and stool frequency, while improving quality of life [R].

54

Bacillus Subtilis And Enterococcus Faecalis

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take a probiotic supplement containing Bacillus subtilis and Enterococcus faecalis according to the product's label, usually one capsule per day with water. It's often recommended to take probiotics on an empty stomach for better absorption, typically in the morning or before bedtime. Duration of use can vary, but many people take probiotic supplements continuously for months or as directed by a healthcare provider.

Description

Bacillus subtilis and enterococcus faecalis are beneficial bacteria strains commonly used in probiotic supplements to support digestive health and maintain a balanced gut microbiome. Incorporating probiotics containing bacillus subtilis and enterococcus faecalis may promote better gut function.

How it helps

In a placebo-controlled trial of 40 patients with IBS, supplementation with Medilac DS (*Bacillus subtilis*, *Enterococcus faecalis*) reduced the severity and frequency of abdominal pain but did not affect bloating, frequency of gas expulsion or defecation, and hardness of stool [R].

B. subtilis and *E. faecalis* may strengthen your gut health and optimize digestion and absorption of nutrients, thus restoring bowel regularity.

55

Bifidobacterium Animalis Subsp. Lactis

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take a supplement containing Bifidobacterium animalis subsp. lactis at a dose of 10 billion colony-forming units (CFU) daily, with or without food. Joe's preferred strain is *B lactis* HN019 (10B CFU). Continue this regimen daily for at least 2 weeks to 4 weeks to observe potential benefits.

TYPICAL STARTING DOSE

10 billion CFU

Description

Bifidobacterium animalis lactis is a specific strain of probiotic bacteria known for its potential to support digestive health and immune function.

Bifidobacterium animalis is a probiotic bacterium that can be found in the healthy gut of most mammals, including humans. *B. lactis* was previously considered to be a separate species but was shown to be a subspecies of *B. animalis* [R, R].

People mainly take *B. animalis* to support gut health [R, R, R, R, R, R].

How it helps

B. animalis had a **beneficial effect on discomfort, bloating, and constipation** in 274 constipation-predominant IBS patients [R].

B animalis spp. *lactis* significantly improved objectively measured abdominal girth and gastrointestinal transit, as well as **reduced symptomatology in 34 IBS** patients [R].

56

Mung Bean

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Consume 10 to 15 grams of mung bean powder daily, mixed into water, smoothies, or soups. Continue this supplementation for at least 2 to 3 weeks to potentially see benefits.

TYPICAL STARTING DOSE

10 g

Description

Mung bean is an Indian legume commonly used in cooking. They are a source of plant-based protein and fiber and can be part of a nutritious diet.

How it helps

In a non-placebo-controlled trial of 20 patients with non-constipation IBS, consuming mung bean noodles produced less intestinal gas and bloating than consuming wheat noodles [R].

57

Figs

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Incorporate 2-3 fresh figs or 1/2 cup of dried figs into your daily diet. You can eat them as a standalone snack or add them to salads, cereals, and yogurt for additional flavor and health benefits. This dietary change should be maintained consistently for best results.

Description

Figs are a nutritious fruit packed with dietary fiber, vitamins, and minerals. They can aid in digestive health, support weight management, and provide essential nutrients like potassium and calcium.

How it helps

Dried fig (90 g/day for 4 months) improved stool frequency and consistency, pain, distention, and quality of life in a placebo-controlled trial of 150 people with IBS-C [R].

Figs may help through their high content in fiber.

58

Melatonin

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take 500 mcg of melatonin orally, about 30 minutes before bedtime, to help with sleep. It can be taken daily as needed.

TYPICAL STARTING DOSE

500 mcg

Description

Melatonin is a natural hormone produced by the pineal gland in the brain that helps regulate the sleep-wake cycle. It plays a crucial role in promoting sleep onset and maintaining a consistent sleep pattern, making it a commonly used supplement for managing sleep disorders and jet lag.

Melatonin is an important sleep hormone. Bright light at night may prevent your body from making enough melatonin [R, R, R].

Your body makes melatonin on its own. However, some people take melatonin supplements to help them sleep. It may help with jet lag in particular [R, R, R].

How it helps

In a placebo-controlled trial of 80 women with IBS, daily supplementation with melatonin (3 mg fasting and 5 mg at bedtime) for 6 months decreased bloating in 70% of the patients with IBS-C and constipation in 50% [R].

Melatonin helps regulate gut motility and inflammation, potentially relieving IBS symptoms like abdominal pain and irregular bowel movements.

59

Clostridium Butyricum

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take Clostridium butyricum as a supplement in capsule or powder form, typically ranging from 300 to 450 mg per day. This should be consumed with a glass of water, ideally before meals. Continue daily for at least four weeks to evaluate its benefits.

TYPICAL STARTING DOSE

300 mg

Description

Clostridium butyricum is a probiotic bacterium believed to support digestive health by producing beneficial short-chain fatty acids in the gut. It is used in some probiotic supplements to promote gut microbiome balance and overall well-being.

How it helps

Clostridium Butyricum is a type of probiotic that promotes gut health. It can help manage Irritable Bowel Syndrome by reducing inflammation and enhancing the intestinal barrier, making your gut less sensitive to irritants.

In a placebo-controlled trial of 200 patients with diarrhea-predominant IBS, supplementation with C butyricum for 4 weeks **improved overall symptoms, stool frequency, and quality of life** [R].

Supplementation with C butyricum for 2 weeks **relieved the IBS symptoms and shifted the microbiota closer to those of the healthy subjects** in a placebo-controlled trial of 61 IBS patients [R].

60

Pectin

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take a pectin supplement daily, with a typical dose ranging from 500 mg to 1,000 mg. It is best taken with water and ideally before meals. Continue this regimen as part of your dietary supplement routine or as directed by a healthcare provider.

TYPICAL STARTING DOSE

500 mg

Description

Pectin is a natural substance found in the cell walls of fruits, particularly apples and citrus fruits. Its health benefits include aiding digestion by promoting regular bowel movements and potentially helping to lower cholesterol levels due to its ability to bind to dietary fats.

How it helps

In a placebo-controlled trial of 87 people with IBS-D, supplementation with pectin powder (24 g/day) improved IBS symptoms, quality of life, and inflammatory markers (IL-10 to IL-2 ratio). Pectin also acted as a prebiotic that stimulated the growth of beneficial bifidobacteria in the gut while inhibiting *Clostridium* [R].

Another study, involving 20 people, found that the fermentation of pectin and other carbohydrates by the gut bacteria of those with IBS-D produced a lower amount of short-chain fatty acids, possibly leading to the development of IBS symptoms [R].

61

Sauerkraut

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Incorporate sauerkraut into your diet by eating a small portion, such as 2-3 tablespoons, 2-3 times per week. It can be added to sandwiches, salads, or eaten as a side dish. Ensure it is unpasteurized for maximum health benefits.

Description

Sauerkraut is a fermented cabbage dish rich in probiotics, fiber, and vitamins like vitamin C. Incorporating sauerkraut into your diet can promote gut health, aid digestion, and boost the immune system.

How it helps

In a non-placebo-controlled trial of 34 patients with IBS, adding sauerkraut (both pasteurized and unpasteurized) to their diets for 6 weeks improved IBS symptoms and the composition of the gut microbiota [R].

Sauerkraut contains probiotics that aid in digestion and can help reduce IBS symptoms like bloating and discomfort. Additionally, it is high in fiber, which can improve bowel movements.

62

Berberine

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take 500 mg of berberine two times a day before meals. Continue this regimen for up to three months, then evaluate its effects with your healthcare provider.

TYPICAL STARTING DOSE

500 mg

Description

Berberine is a compound found in certain plants, known for its potential to support blood sugar control and heart health.

Berberine is an active compound of some plants used in traditional medicine, such as [R]:

- European barberry
- Oregon grape
- Goldenseal
- Chinese goldthread
- Tree turmeric

Berberine is also available as a supplement. People use it to help with [R, R, R]:

- Diabetes
- High cholesterol
- High blood pressure
- PCOS

How it helps

In 2 trials (one of them placebo-controlled) of 171 people with IBS-D and other digestive disorders involving diarrhea, supplementation with berberine (250-400 mg, 2x/day) for 2-3 months reduced the frequency of diarrhea, abdominal pain, and urgent need to defecate. It also slightly improved IBS symptoms, anxiety, depression, and quality of life [R, R].

Berberine may help by reducing gut inflammation and damage to the gut barrier while reducing intestinal hypermobility and hypersensitivity [R, R, R].

63

E. coli Nissle 1917

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

EcN is typically taken as capsules, tablets, or suspensions, with the dosage depending on the condition being treated (commonly, 1–2 doses daily). It is usually taken before or with meals, and if combined with antibiotics, should be spaced 2–3 hours apart. Follow the product's storage instructions, as some require refrigeration. Consult a healthcare provider for proper use, especially for children, during pregnancy, or for long-term treatment of conditions like ulcerative colitis.

Description

E. coli Nissle 1917 (EcN) is a non-pathogenic strain of *Escherichia coli* that is widely studied and used as a probiotic. Originally isolated by Dr. Alfred Nissle in 1917 during World War I, this strain was identified for its ability to combat infectious diarrhea in soldiers. Unlike pathogenic *E. coli* strains, EcN lacks virulence factors and is considered safe for therapeutic use.

EcN is commonly available in probiotic formulations and has a well-established safety profile. Owing to its ability to modulate the gut microbiota and reduce inflammation, people use it to improve:

- IBD
- IBS
- Diarrhea
- Intestinal infections

How it helps

A systematic review identified *E. coli* Nissle 1917 among the probiotics improving constipation in patients with IBS [R].

In a more recent placebo-controlled trial of 120 IBS patients, this strain especially improved the symptoms in those with gut microbiome alterations [R].

In contrast, another placebo-controlled trial of 139 IBS patients only found *E. coli* Nissle 1917 effective at improving sleep in patients with IBS-D [R].

64

Avoid Chili Peppers

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Eliminate chili peppers and any foods containing chili peppers from your diet. This includes avoiding both fresh, dried, and powdered forms of chili in cooking and prepared foods. Check ingredient labels on packaged foods to ensure they do not contain chili.

Description

While chili peppers can add flavor and heat to dishes, avoiding excessive consumption can help prevent digestive discomfort and heartburn. Moderation in consumption may allow individuals to enjoy their culinary benefits without experiencing negative side effects.

How it helps

In a non-placebo-controlled trial of 58 people, eating a spicy meal with 2 g chili or supplementing with the same amount of chili in capsules caused significant abdominal pain and burning in those with IBS-D but only mild burning in healthy controls [R].

However, a 6-week uncontrolled trial of 16 IBS-D patients found that long-term intake of chili (3 capsules/day) reduces sensitivity to its effects [R].

Capsaicin in chili peppers may cause stomach pain and diarrhea.

65

Butyrate

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take butyrate supplements orally with a full glass of water, typically starting with a dose of 300 to 600 mg per day. It can be taken with or without food, but if stomach upset occurs, try taking it with meals. The specific dosage and duration of use should be based on the guidance of a healthcare professional, tailored to individual health needs.

TYPICAL STARTING DOSE

300 mg

Description

Butyrate is a short-chain fatty acid produced by gut bacteria during the digestion of dietary fiber. It plays a crucial role in maintaining gut health, supporting the integrity of the intestinal lining, and contributing to overall digestive well-being.

Butyrate is a short-chain fatty acid produced when the gut bacteria ferment indigestible fibers. It prevents inflammation in the gut and is essential for maintaining a healthy barrier between the large bowel and the bloodstream [R].

People take butyrate to support gut health, improve insulin sensitivity, and promote weight loss.

How it helps

Butyrate is a short-chain fatty acid that your gut bacteria produce when they digest dietary fiber. It helps reduce inflammation and regulate water content in the intestines, which can soothe symptoms of Irritable Bowel Syndrome like bloating, abdominal pain, and altered bowel habits.

In a placebo-controlled trial of 66 patients with IBS in treatment for at least 3 months, supplementation with microencapsulated sodium butyrate (300 mg/day) for 12 weeks **reduced pain during defecation while improving urgency and bowel habit** [R].

66

Artichoke Leaf Extract

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take 500 mg of artichoke leaf extract daily with a glass of water, preferably with or after a meal to aid absorption.

TYPICAL STARTING DOSE

500 mg

Description

Artichoke leaf extract is derived from the leaves of the artichoke plant and is used as a dietary supplement. It is being researched for its potential to support liver health and digestive function.

Artichokes are packed with antioxidants and fiber. People eat the heart of the artichoke. However, many of the plant's active compounds are also found in its leaves [R, R].

People use artichoke leaf extracts to help [R, R, R]:

- Lower cholesterol
- Lower blood pressure
- Improve digestion

How it helps

Taking artichoke leaf extract (640 mg, 3x/day) for 6-8 months reportedly improved constipation and other digestive symptoms in 2 surveys on 487 people with IBS [R, R].

Artichoke extract may help with IBS-C by increasing bowel contractions, as seen in a study in rats [R].

67

Beidellitic Montmorillonite

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take beidellitic montmorillonite as a supplement by consuming 3 grams per day, usually divided into three doses with meals. Continue this regimen for up to 3 weeks or as advised by a healthcare professional.

TYPICAL STARTING DOSE

3 g

Description

Beidellitic montmorillonite is a type of clay mineral used for its potential to detoxify and cleanse the body by binding to toxins and impurities. It is often used in certain wellness practices and detox regimens.

How it helps

In a placebo-controlled trial of 524 people with IBS, supplementation with beidellitic montmorillonite (3 g, 3x/day) for 8 weeks improved pain and discomfort in those with IBS-C [R].

Beidellitic montmorillonite may help by absorbing toxins in the gut, potentially reducing irritation and inflammation.

68

Glutamine

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take 5 to 10 grams of glutamine powder, mixed with water or another beverage, daily. It can be divided into two servings, one in the morning and the other in the evening. This supplementation is generally considered safe for long-term use, but it's best to consult with a healthcare provider for personalized advice.

TYPICAL STARTING DOSE

5 g

Description

Glutamine is an amino acid that plays a role in various bodily functions, including immune support and gut health. It may help with muscle recovery and overall well-being, particularly for individuals engaging in strenuous exercise.

L-glutamine is an amino acid produced by the body. Its levels may decrease during periods of stress or illness. It is important for protein and energy production, and helps control kidney pH balance [R].

Some people take L-glutamine as a supplement to help with [R]:

- Gut health
- Immunity
- Exercise recovery and muscle performance
- Brain health

How it helps

In a placebo-controlled trial of 106 people with IBS-D caused by digestive infections, supplementation with glutamine (5 g, 3x/day) for 8 weeks improved IBS symptoms, bowel movement frequency, and gut barrier function [R].

Glutamine may help by reducing inflammation in the gut [R, R].

69

Papaya

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take 500 mg of papaya extract daily for at least one month to observe potential health benefits. If using powdered form, it can be mixed with water or juice for easier consumption.

TYPICAL STARTING DOSE

500 mg

Description

Papaya is a tropical fruit native to Central America and Mexico that is rich in vitamins A and C, folate, and dietary fiber. It has a long history in traditional medicines as a digestive aid and promoting skin health. Papaya's extract, papain, is used as a dietary supplement for digestive support.

Papaya is a tropical orange fruit. It originates from Central America, but today it’s most widely grown in India.

People enjoy the great taste of papaya. It’s also rich in healthy nutrients that may support the immune system.

How it helps

In a placebo-controlled trial of 126 people with chronic digestive issues (including IBS-C), taking a papaya preparation (20 mL/day) for 40 days improved constipation and bloating [R].

Papayas are high in fiber and contain the enzyme papain, both of which help improve digestion and relieve IBS symptoms like bloating or constipation.

70

Lactobacillus Helveticus

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take a supplement containing Lactobacillus helveticus, usually available in capsule or powder form. Follow the manufacturer's instructions, commonly involving taking one to two capsules daily, preferably with a meal or as directed by a healthcare provider. Continue this regimen daily for at least 8 to 12 weeks to potentially see benefits.

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus helveticus is a beneficial probiotic strain that can support digestive health and contribute to a balanced gut microbiome. It may help improve gut function, enhance nutrient absorption, and bolster the immune system, promoting overall well-being.

How it helps

Drinking a sterilized drink with *L helveticus*, with or without polydextrose, for 1 week alleviated constipation-related symptoms and reduced both fecal pH and intestinal transit time in a placebo-controlled trial of 163 patients with constipation-predominant IBS [R].

71

Diaphragmatic Breathing

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Practice diaphragmatic breathing for 10-15 minutes per day. Sit or lie down in a comfortable position, place one hand on your chest and the other on your belly. Breathe in slowly through your nose, ensuring your belly moves out more than your chest. Exhale slowly through your mouth or nose, consciously relaxing the belly. Repeat this process, focusing on the movement of your belly rather than your chest.

TYPICAL STARTING DOSE

10 minutes

Description

Diaphragmatic breathing, also known as deep breathing, can help reduce stress and anxiety by activating the body's relaxation response. It promotes better oxygen exchange, reduces muscle tension, and supports overall mental and physical well-being.

How it helps

Diaphragmatic breathing helps control the response of your nervous system, reducing stress which can trigger IBS symptoms. It helps induce relaxation and minimize muscle tension, preventing painful intestinal spasms commonly associated with IBS.

In a non-placebo-controlled trial of 14 patients with IBS, completing a 20-min deep breathing video 5x/week for 4 weeks increased %CVCmax from 45% to 59% [R].

72

Caraway

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take caraway supplement capsules, usually ranging from 200 to 600 mg, once or twice daily with meals. Ensure to follow the specific dosage instructions on the product label.

TYPICAL STARTING DOSE

200 mg

Description

Caraway is a spice with a distinctive flavor often used in culinary dishes and herbal remedies. It may have digestive benefits and can be used to flavor various foods.

How it helps

In a placebo-controlled trial of 48 patients with IBS, applying hot poultices with caraway oil for 3 weeks adequately relieved the symptoms in 51.8% of the patients. However, the authors warned that the effects could be due to heat application, since symptom improvement rates were similar to those of applying hot olive oil poultices [R].

Caraway seeds may help with IBS symptoms such as bloating, gas, and stomach spasms by soothing the gut muscles, reducing inflammation, and improving digestion.

73

Intermittent Fasting

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Limit your daily eating to a specific window of time, typically within an 8-hour period such as from 12 pm to 8 pm, and fast for the remaining 16 hours of the day. Repeat this daily or for at least 3-4 days per week.

Description

Intermittent fasting is an eating pattern that involves cycling between periods of fasting and eating. It may help with weight management, improve metabolic health, and offer potential benefits for certain health conditions when done under proper guidance.

Intermittent fasting (IF) is a pattern of eating that alternates between periods of eating and fasting. The most popular IF method is called the 16/8 method, where you fast for 16 hours and eat during an 8-hour window.

People mainly practice IF to lose weight. Besides benefits related to weight reduction, IF may help lower the risk of [R]:

- Alzheimer's disease
- Joint pain
- Asthma
- Multiple sclerosis
- Stroke

Some types of intermittent fasting, such as Ramadan fasting, are also practiced for religious reasons.

How it helps

In a non-placebo-controlled trial of 58 people with IBS, an intermittent fasting protocol involving 10 days of starvation followed by 5 days of refeeding improved diarrhea, abdominal pain and distension, lack of appetite, nausea, anxiety, and interference with life in general [R].

Intermittent fasting provides your digestive system time to rest and recuperate, which can decrease IBS symptoms.

74

Boswellia

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take a 350 mg Boswellia supplement daily, ideally with a meal to enhance absorption.

TYPICAL STARTING DOSE

350 mg

Description

Boswellia is an herbal remedy derived from the resin of certain trees. It's known for its potential anti-inflammatory properties and is often used to support joint health.

Boswellia, also known as frankincense, is the hardened sap of the *Boswellia serrata* tree [R].

In traditional medicine, boswellia is used for joint pain and gut conditions [R].

Today, some people use boswellia for [R, R, R, R, R]:

- Osteoarthritis
- IBD
- Skin aging
- Asthma
- Gum health

How it helps

Boswellia, a plant extract, works to reduce inflammation in the intestines which is a common feature of Irritable Bowel Syndrome (IBS). By doing so, it can help to alleviate symptoms such as abdominal pain, bloating, and irregular bowel movements characteristic of IBS.

In a study, 34 subjects received standard management (SM) for Irritable Bowel Syndrome (IBS), while 35 subjects received Boswellia serrata lecithin-based delivery form (Casperome®) supplementation. Casperome® was found to be effective and safe in improving signs and symptoms of IBS in otherwise healthy individuals [R].

75

Acceptance and Commitment Therapy (ACT)

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Participate in Acceptance and Commitment Therapy (ACT) sessions with a licensed therapist weekly for a minimum of 8 to 12 weeks. During this period, engage in daily ACT exercises at home as recommended by your therapist, such as mindfulness practices and writing exercises that help you connect with your values and accept your thoughts without judgment.

Description

ACT is a type of psychotherapy that focuses on accepting one's thoughts and feelings while committing to actions that align with personal values. It is used to improve mental well-being and treat conditions like anxiety and depression.

How it helps

In 2 non-placebo-controlled trials of 113 patients with IBS, ACT improved anxiety, depression, and rumination, and was more effective than mindfulness-based stress reduction and behavioral dialectic therapy at improving IBS symptoms, anxiety, sadness, and quality of life [R, R].

ACT may help by teaching acceptance of discomfort and commitment to personal values, potentially reducing stress.

76

Saffron

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take 20 mg of saffron supplement daily. This can be taken at any time of the day, with or without food.

TYPICAL STARTING DOSE

20 mg

Description

Saffron is a spice derived from the stigma of the saffron crocus flower, and is native to the Mediterranean and Asia. Its main compounds include crocin, picrocrocin, and safranal, which may contribute to its antioxidant properties and potential mood-enhancing effects.

Saffron is a yellow spice praised for its color, taste, and potential health benefits [R].

Saffron is rich in antioxidants such as *crocin*. Researchers are looking into its potential benefits for [R, R, R, R]:

- Gut conditions
- Heart health
- Mental health

How it helps

In a non-placebo-controlled trial of 66 patients with IBS, supplementation with saffron for 6 weeks was as effective as fluoxetine at improving quality of life, anxiety, and depression [R].

77

Palmitoylethanolamide (PEA)

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

For managing pain and inflammation, take 300mg to 1,200mg of palmitoylethanolamide (PEA) in divided doses throughout the day, preferably with meals to enhance absorption. This regimen should be followed for at least 6 weeks to evaluate its effectiveness.

Description

Palmitoylethanolamide (PEA) is a naturally occurring fatty acid amide. It is a compound found in various tissues of animals, including humans. PEA has been a supplement for the past couple of decades, and is utilized for its potential anti-inflammatory and pain-relieving properties.

Palmitoylethanolamide (**PEA**) is a compound naturally made by the body to help combat inflammation [R].

It's also made by plants and other animals. Good sources of PEA include [R]:

- Soy lecithin
- Soybeans
- Egg yolk
- Peanuts

How it helps

In a placebo-controlled trial of 54 patients with IBS and 12 healthy controls, supplementation with PEA/polydatin (200 mg/20 mg, 2x/day) for 12 weeks markedly improved abdominal pain severity [R].

PEA may help by reducing inflammation and pain in the bowel. It does this by interacting with the endocannabinoid system.

78

Autogenic Training

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Practice autogenic training for 10-15 minutes daily, ideally in a quiet, comfortable space where you won't be disturbed. Sit or lie down in a comfortable position, close your eyes, and focus on calming your mind and body through self-suggested affirmations. Repeat this routine daily for at least 2-3 months to observe beneficial effects on stress reduction and relaxation.

TYPICAL STARTING DOSE

10 minutes

Description

Autogenic training is a relaxation technique that involves self-suggestion and progressive muscle relaxation to promote relaxation, reduce stress, and alleviate symptoms of anxiety and tension.

Autogenic training is a relaxation technique that a person may carry out on their own [R, R].

Autogenic training uses 6 exercises that take the mind’s attention to bodily sensations such as warmth and heaviness. The exercises involve guided imagery and verbal cues (e.g. "My arm is very heavy") to [R, R]:

- Relax the body
- Quiet and calm the mind
- Increase energy

How it helps

Autogenic training, as mental relaxation technique, helps manage stress, which can trigger irritant bowel syndrome (IBS) symptoms. Regular practice can slow the gut activity, reducing IBS-related diarrhea and cramping.

In a non-placebo-controlled trial of 21 patients with IBS, autogenic training improved social functioning and bodily pain [R].

79

Arrowroot

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take arrowroot as a supplement by consuming 1 to 2 teaspoons of arrowroot powder, mixed with a small amount of water or juice, up to three times daily. This can be adjusted based on individual tolerance or healthcare provider's advice.

TYPICAL STARTING DOSE

1 tsp

Description

Arrowroot is a starchy root vegetable commonly used as a thickening agent in cooking and baking. It is a gluten-free alternative to cornstarch and can be used to thicken sauces, soups, and desserts.

How it helps

A pilot study in 11 irritable bowel syndrome patients found that arrowroot powder (10 mL, 3x/day for one month) reduced diarrhea and had a long-term effect on constipation. It also eased abdominal pain [R].

Arrowroot may help by increasing fecal bulk and acting as a laxative.

80

Anise (Green)

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take anise (green) as a supplement by consuming 1 to 3 grams of the dried fruit daily. You can ingest this by adding it to hot water to make a tea or by incorporating it into food. Do this consistently for at least 2 to 4 weeks to start noticing potential benefits.

TYPICAL STARTING DOSE

1 g

Description

Green anise, derived from the Pimpinella anisum plant, is a spice native to the Eastern Mediterranean and Southwest Asia. It is commonly used in traditional medicine and cooking for its potential digestive benefits, known to alleviate symptoms of indigestion, bloating, and gas. The main bioactive compound in green anise is anethole, which is believed to have carminative properties that aid in digestion.

How it helps

In a placebo-controlled trial of 120 people with IBS, treatment with anise oil (200 mg, 3x/day) for 4 weeks improved constipation, discomfort, pain, bloating, GERD, headaches, fatigue, and quality of life in 75% of the patients who received it [R].

Anise has anti-spasmodic properties that can help reduce pain by relaxing the intestines.

81

Kiwifruit

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Eat one to two kiwifruits daily, either as a snack or incorporated into your meals. You can consume them for breakfast, add them to a salad for lunch, or blend them into a smoothie. Continue this practice as a regular part of your diet to gain its nutritional benefits.

Description

Kiwifruit is a vitamin C-rich fruit that supports immune health, digestion, and skin vitality. It's also a good source of dietary fiber, making it a nutritious addition to a balanced diet.

Kiwifruit are technically berries, full of vitamin E, fiber, other minerals and vitamins, particularly vitamin K and C. One kiwifruit provides 1.1 mg of vitamin E or 7%DV.

How it helps

Kiwifruit owes its laxative effects to its high content in dietary fiber. Consuming green-fleshed kiwifruit 2x/day for 4 weeks improved defecation frequency, colonic transit time, and bowel function in a placebo-controlled trial of 54 people with IBS-C [R].

Similarly, consuming 3 golden-fleshed kiwifruits per day for 4 weeks improved stool frequency and consistency, pain, and discomfort in a non-placebo-controlled trial of 19 people with IBS-C and 19 healthy controls. Consuming them with the skin reduced the levels of the pro-inflammatory cytokine TNF-alpha, possibly helping with IBS symptoms [R].

82

Deep Breathing

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Practice deep breathing exercises for 5-10 minutes at least twice a day, ideally in the morning and before bed. Sit or lie down in a comfortable position, slowly inhale through your nose, allowing your chest and lower belly to rise, hold the breath for a moment, and then exhale slowly through your mouth or nose.

TYPICAL STARTING DOSE

5 minutes

Description

Deep breathing techniques, such as diaphragmatic or abdominal breathing, can promote relaxation, reduce stress, and improve lung capacity. Regular deep breathing exercises can contribute to overall mental and physical well-being by reducing tension and increasing oxygen supply to the body.

How it helps

A randomized clinical trial with 14 IBS participants found that slow deep breathing (for 4 weeks, 20-min video 5x/week) increased %CVCmax from 45% to 59%. HRV, HRR, and IBS-SS scores were unaltered [R].

Deep breathing techniques may help by promoting relaxation and reducing stress, which are key triggers for IBS flare-ups.

83

Streptococcus Thermophilus

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take a supplement containing Streptococcus thermophilus according to the product's label, typically once or twice daily with a glass of water. It is commonly found in probiotic supplements and the exact dosage can vary, so following the manufacturer's guidelines is essential. Continue use as part of your daily routine or as directed by a health professional.

TYPICAL STARTING DOSE

10 billion CFU

Description

Streptococcus thermophilus is a probiotic bacterium used in the fermentation of dairy products like yogurt. It contributes to improved gut health by aiding in the digestion of lactose and promoting the growth of beneficial gut bacteria.

How it helps

A meta-analysis of 10 studies concluded that supplementation with *S. thermophilus* decreases flatulence in IBS patients [R].

S. thermophilus can aid digestion by breaking down sugars in your gut, reducing gas and bloating. Additionally, it can improve the intestinal barrier function, reducing the severity of IBS symptoms.

84

Activated Charcoal

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take 500-1000 mg of activated charcoal with a full glass of water at least 1 hour before a meal or 2 hours after a meal. Do not consume it daily for long periods; use it for short-term detoxification or occasional upset stomach only.

TYPICAL STARTING DOSE

500 mg

Description

Activated charcoal is a porous substance that is highly effective at absorbing and trapping toxins and chemicals in the digestive tract. It is sometimes used in emergency medical settings for poisoning treatment and in certain beauty and wellness products.

How it helps

In a placebo-controlled trial of 262 people with IBS, taking activated charcoal tablets (1x-8x/day) for 12 weeks slightly improved general wellbeing and IBS symptoms, especially in those with IBS-C [R].

Activated charcoal may help by absorbing toxins in the gut.

85

Lactobacillus Gasseri

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take a Lactobacillus gasseri supplement containing around 10 billion colony-forming units (CFUs) daily, ideally with a meal, for at least 2 weeks to 4 months to observe benefits. Continuous daily intake is recommended for ongoing support.

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus Gasseri is a beneficial probiotic strain that can support digestive health and contribute to a balanced gut microbiome. It may help improve gut function, enhance nutrient absorption, and bolster the immune system, promoting overall well-being.

How it helps

In a placebo-controlled trial of 34 patients with IBS, supplementation with *L. gasseri* CP2305 for 4 weeks improved the IBS severity index score, health-related worry, and changes in intestinal microbiota [R].

L. gasseri may help by improving gut flora balance and decreasing inflammation.

86

Saccharomyces Boulardii

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take Saccharomyces boulardii as an oral supplement, typically available in capsule or powder form, twice daily with a glass of water. Continue this regimen for 4-8 weeks, or as directed by a healthcare provider.

TYPICAL STARTING DOSE

10 billion CFU

Description

Saccharomyces boulardii is a beneficial yeast often used as a probiotic supplement to support digestive health and prevent or alleviate symptoms of diarrhea, including those caused by antibiotics or infections.

How it helps

In a placebo-controlled trial of 67 IBS patients, a 4-week supplementation with *S. boulardii* improved IBS-related quality of life. Another trial with 37 IBS-D patients where *S. boulardii* (750 mg/day) was added to isphagula husk for 6 weeks showed improved quality of life, histological findings, and decreased inflammatory markers while increasing anti-inflammatory cytokines. However, *S. boulardii* (250 mg, 2x/day for 1 month) did not improve symptoms or quality of life in a placebo-controlled trial of 35 IBS-D patients [R, R, R].

S. boulardii, may help by controlling harmful bacteria and promoting healthy ones, aiding in reducing IBS symptoms. It also supports bowel movements and reduces inflammation.

87

Lactobacillus Casei

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take a supplement containing Lactobacillus casei daily, with a dosage recommended by the product's manufacturer or a healthcare professional. The specific amount can vary, but it is commonly found in doses around 10 billion colony-forming units (CFUs). Continue this regimen for at least 4 weeks to observe potential health benefits.

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus casei is a probiotic bacterium known for its potential to support gut health and immune function. It contributes to a balanced gut microbiome and may help alleviate digestive issues like diarrhea.

Lactobacillus casei is a probiotic bacterium found in fermented foods (e.g., cheese), as well as in the reproductive and gastrointestinal tracts of humans and other animals [R, R].

People mainly take *L. casei* to support a healthy gut microbiota [R].

How it helps

A supplement containing *L. acidophilus* CL1285, *L. casei* LBC80R, and *L. rhamnosus* CLR2 improved quality-of-life and IBS symptoms in some subgroups, being the largest and most consistent effects observed in IBS-D and female subgroup [R].

In an uncontrolled trial of 14 patients with IBS, consuming Yakult (*L. casei* Shirota, 65 mL/day) for 6 weeks improved the symptoms and reversed the early rise in breath hydrogen with lactulose [R].

However, in another study, *L. casei* Shirota probiotic treatment did not show a significant improvement in symptoms or quality of life for irritable bowel syndrome patients after 8 weeks [R].

88

Electroacupuncture

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Attend electroacupuncture sessions twice a week for a minimum of five weeks. Each session, conducted by a certified practitioner, involves the application of small electric currents through acupuncture needles inserted at specific points on the body.

Description

Electroacupuncture combines traditional acupuncture with electrical stimulation, potentially offering pain relief, improved circulation, and enhanced muscle function. It's used in complementary medicine to address various health concerns and promote overall well-being.

How it helps

Receiving 3-7 weekly sessions of electroacupuncture (passing an electric current between a pair of acupuncture needles) for 2-8 weeks improved IBS symptoms and quality of life in 5 non-placebo-controlled trials of 762 people, most of them with IBS-D [R, R, R, R, R].

89

Acacia Fiber

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take 5-10 grams of acacia fiber supplement per day, mixed with at least 8 ounces of water. Do this daily, preferably in the morning, for ongoing gut health support. Be sure to start with a lower dose to assess tolerance and gradually increase to the desired amount.

TYPICAL STARTING DOSE

5 g

Description

Acacia fiber is a soluble dietary fiber derived from the gum of the Acacia tree. It is often used as a natural thickening agent in foods and supplements and can promote digestive health by supporting regular bowel movements, and serve as a prebiotic.

How it helps

Acacia fiber acts as a prebiotic, feeding beneficial gut bacteria, promoting balanced gut flora and aiding digestion. Its high soluble fiber content further helps in managing IBS symptoms by slowing down bowel movements and reducing diarrhea.

In a non-placebo-controlled trial of 130 patients with IBS, eating yogurt with acacia fiber and Bifidobacterium animalis 2x/day for 8 weeks **improved bowel habit satisfaction in patients with diarrhea-predominant IBS and overall IBS symptoms in those with constipation-predominant IBS** [R].

90

Bacillus Subtilis

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take a probiotic supplement containing Bacillus subtilis at a dose recommended by the manufacturer, typically once daily with a glass of water, preferably on an empty stomach for optimal absorption. Continue this regimen daily for at least one to two months to evaluate its benefits.

Description

Bacillus subtilis is a beneficial bacteria strain commonly used in probiotic supplements to support digestive health and maintain a balanced gut microbiome. Incorporating probiotics containing bacillus subtilis may promote better gut function.

How it helps

In a placebo-controlled trial of 40 patients with IBS, supplementation with Medilac DS (*Bacillus subtilis*, *Enterococcus faecalis*) reduced the severity and frequency of abdominal pain but did not affect bloating, frequency of gas expulsion or defecation, and hardness of stool [R].

B. subtilis may help by supporting the gut microbiome, possibly reducing inflammation and irregular bowel movements.

91

Beta-Glucans

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take a beta-glucan supplement daily, with a dosage ranging from 250mg to 500mg. It is best consumed with a meal to enhance absorption. Continue this routine daily to support immune health.

Description

Beta-glucans are types of soluble fiber found in foods like oats and barley. They have been associated with immune system support and may help lower cholesterol levels when consumed as part of a heart-healthy diet.

Beta-glucan is a type of soluble fiber with antioxidant properties. It is abundant in [R, R]:

- Baker's yeast
- Cereals (e.g., oats, barley)
- Mushrooms (e.g., maitake)
- Seaweeds

People use beta-glucans to [R, R, R, R, R]:

- Improve immunity (e.g., fight infections)
- Reduce blood sugar
- Reduce cholesterol

How it helps

A study examined the effectiveness of a beta-glucan, inositol, and digestive enzyme mixture in alleviating gastrointestinal symptoms in IBD-IBS patients. Group A, receiving the mixture alongside standard mesalamine treatment, reported reduced abdominal pain, bloating, flatulence, and overall well-being improvement. Group B, with only mesalamine treatment, showed mild relief in evacuative urgency, without other improvements. The mixture appears to benefit IBD-IBS patients by reducing specific symptoms and enhancing their clinical condition [R].

92

Enterococcus Faecalis

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take an Enterococcus faecalis supplement as directed on the product label, usually one to two capsules daily with water, ideally 30 minutes before a meal or as recommended by a healthcare provider. Continue this regimen for a duration suggested by the product or your healthcare provider, often ranging from a few weeks to several months, depending on the desired health outcome.

Description

These are types of beneficial bacteria that can be found in probiotic supplements. They may contribute to digestive health, support the immune system, and promote gut microbiome balance. Incorporating probiotics containing these strains can help maintain overall well-being.

How it helps

In a placebo-controlled trial of 40 patients with IBS, supplementation with Medilac DS (*Bacillus subtilis*, *Enterococcus faecalis*) reduced the severity and frequency of abdominal pain but did not affect bloating, frequency of gas expulsion or defecation, and hardness of stool [R].

E. faecalis helps in strengthening your gut's microbiome, which aids in digestion and nutrient absorption.

93

Digestive Enzymes

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take one to two capsules of digestive enzymes with each meal. Start with the lower dosage and increase if necessary, based on your body's response and digestive needs. Continue this regimen daily, assessing your body's response over several weeks to determine long-term usage.

Description

Digestive enzymes aid in the breakdown of food, helping the body absorb nutrients more effectively. They can improve digestive comfort, reduce bloating, and support overall digestive health when taken as supplements or obtained from food sources.

How it helps

A study examined the effectiveness of a beta-glucan, inositol, and digestive enzyme mixture in alleviating gastrointestinal symptoms in IBD-IBS patients. Group A, receiving the mixture alongside standard mesalamine treatment, reported reduced abdominal pain, bloating, flatulence, and overall well-being improvement. Group B, with only mesalamine treatment, showed mild relief in evacuative urgency, without other improvements. The mixture appears to benefit IBD-IBS patients by reducing specific symptoms and enhancing their clinical condition [R].

94

Inositol

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take inositol as a daily supplement, usually available in powder or capsule form. The typical dosage ranges from 2 grams to 18 grams per day, divided into smaller doses taken with meals and water to aid absorption. It's important to start with a lower dose and gradually increase to avoid digestive side effects.

TYPICAL STARTING DOSE

2 g

Description

Inositol is a naturally occurring compound that plays a role in cell signaling and neurotransmitter function. It has been studied for its potential in promoting mental health and managing conditions like anxiety and depression when used as a supplement under the guidance of a healthcare professional.

Inositol is a type of sugar that our bodies need to function. It was considered a vitamin (vitamin B8) until it was discovered that our bodies can make it from another common sugar, glucose [R].

Myo-inositol is the most common form of inositol. It plays a role in [R, R, R, R]:

- Heart health
- Normal blood sugar levels
- Mental health
- Cognitive function
- Reproductive health

Myo-inositol can convert to D-chiro-inositol in the body. These two forms of inositol are often combined in supplements. People use them to improve blood sugar control and PCOS [R, R, R].

How it helps

A study examined the effectiveness of a beta-glucan, inositol, and digestive enzyme mixture in alleviating gastrointestinal symptoms in IBD-IBS patients. Group A, receiving the mixture alongside standard mesalamine treatment, reported reduced abdominal pain, bloating, flatulence, and overall well-being improvement. Group B, with only mesalamine treatment, showed mild relief in evacuative urgency, without other improvements. The mixture appears to benefit IBD-IBS patients by reducing specific symptoms and enhancing their clinical condition [R].

95

Dietary Copper

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Incorporate foods rich in copper into your daily diet. Include servings of shellfish, whole grains, nuts, seeds, potatoes, and dark leafy greens. Aim for an intake of 900 micrograms of copper per day for adults, adjusting slightly based on age and gender.

Description

Dietary copper is the copper you get from the food you eat. Your body needs it for various functions, including maintaining healthy nerves, bones, blood, and immune system. Not getting enough copper can lead to health problems, so it's important to consume it in recommended amounts.

How it helps

Genetically higher levels of copper may be associated with a reduced risk of IBS [R].

Dietary copper may help by killing harmful bacteria, thus reducing inflammation in the digestive tract.

Next Steps

Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.

Vitamin D, 25-Hydroxy, Total	**58.59 ng/mL**	10 20 30 75 150	9 Nov 2025
hs-CRP	**1.6 mg/L**	0 0.5 3 100 500	9 Nov 2025