

Health And Well Being

Have Gas, Cramping, Bloating? Try A Low-FODMAP Diet

(NAPSA)—Here's food for thought: The next time you or someone you care about exhibits the annoying symptoms of Irritable Bowel Syndrome—gas, bloating, cramping, constipation or diarrhea—finding relief may be simpler than you think.

That's because, doctors say, a collection of carbohydrates called FODMAPs (which stands for fermentable oligosaccharides, disaccharides, monosaccharides and polyols) is often the cause of the problem. These don't get absorbed into the body as quickly as other carbohydrates. Recent medical research shows that up to 74 percent of people with these symptoms could be helped by a low-FODMAP diet.

Further Facts About IBS

If you do suffer from this condition, you're far from alone. An estimated 25 to 45 million Americans experience these symptoms regularly. It affects people of all ages, mostly women.

To help those with IBS eat right, physician and medical researcher Dr. Rachel Pauls offers this advice:

Four Important Facts About FODMAPs:

1. Not all carbohydrates are FODMAPs.
2. FODMAPs are present in many different foods and food categories.
3. If two or more low-FODMAP foods are combined into one serving, it may lead to a high-FODMAP food serving.
4. Many people find that one or more FODMAPs cause symptoms but others do not.

Dr. Pauls not only devised the Dr.



The right diet may help many people avoid the digestive distress of Irritable Bowel Syndrome, advises Dr. Rachel Pauls.

Rachel Pauls Low FODMAP Seal of Approval to help you identify foods with less than 0.5 grams of total FODMAPs per serving, she created a free downloadable reference sheet that provides a list of high- and low-FODMAP foods. She founded Rachel Pauls Food to help people more easily manage their digestive issues and live healthier, happier lives, and used her medical, research and baking skills to create Happy Bars, which contain less than 0.5 grams of total FODMAPs per serving. They're made with simple, all-natural ingredients, no preservatives and provide eight to 10 grams of protein and three grams of fiber. Delicious, natural and portable, they come in four flavors:

- Chocolate Chip Delight
- Orange Chocolate Ecstasy
- Peanut Maple Pleasure
- Peanut Chocolate Euphoria

Learn More

For further information, visit www.rachelpaulsfood.com.