

Digestive Health and Nutrition

Irritable Bowel Syndrome and the FODMAP Diet



- What is the link between FODMAPs and digestive discomfort?
- What is the step-by-step protocol for the FODMAP elimination diet?
- What is the role of the gut microbiota in IBS?
- How to integrate a personalized approach?
- What are the recommended nutritional strategies for your clients?

Find out how TeamNutrition can support your patients with:

- Our KoalaPro health app and its exclusive Premium and Premium+ messaging services
- A food diary powered by artificial intelligence.
- The integration of our referral form.
- And more!

Expand your knowledge and your team's expertise – book your Lunch and Learn today by contacting jlamarche@equipenutrition.ca.