

# 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 Support+ service.
- A food diary powered by artificial intelligence.
- The integration of our referral form.
- And more!

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