

DR. RAJIV SHARMA

FODMAPS

DR. RAJIV SHARMA

BOOK SERIES 3

FODMAPS

FODMAPs stand for “Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols”. FODMAPs upon ingestion pull water into the digestive tract by osmosis. Plus they also get fermented into byproducts that can cause gastrointestinal distress such as bloating, indigestion, gas, flatulence.

They make one “windy”. They are also referred to as “gassy foods”. Australian scientists at Monash University Dr Peter R Gibson & his team have done a lot of pioneering work in the field of FODMAPs’ role in digestive discomfort.

FODMAPs are short chain carbohydrates (sugar molecules) that are known to cause gastrointestinal distress in consumers.

ACTIVATED CHARCOAL HELPS WITH GAS AND BLOATING

Here are the foods that have FODMAPs

1. Fructose: Fruit, Honey, High fructose corn syrup
2. Lactose: Dairy
3. Fructan: Garlic, wheat, onion, and etc.
4. Galactans: Beans, lentils, legumes, and more
5. Polyols – are the Sugar alcohols found in food sweeteners containing Lactitol, xylitol, mannitol, malitlol, sorbitol and stone fruits apricots, peaches. plums and more.

IT IS TOUGH TO AVOID FODMAPS.

Low FODMAP diet has been shown to improve gastrointestinal distress symptoms in patients with IBS. A registered dietitian can help you identify the foods you need to intake.

It is tough to eat on a Low Fodmap diet. Some people cannot do it due to severe restrictive nature.

But when it works, it works as a miracle. We have hundreds of success stories.

ERYTHRITOL, LACTIOL, XYLITOL ARE FODMAPS



DR. RAJIV SHARMA IS LOVING CALLED DR. RAJIV AND DR. GUT HAPPINESS BY HIS FOLLOWERS. HE IS A BOARD CERTIFIED GASTROENTEROLOGIST WHO EDUCATES PEOPLE ABOUT EATING CLEAN HEALTHY FOODS.

ADDRESS: DR. GUT HAPPINESS, 3903 SOUTH 7 ST, TERRE HAUTE, INDIANA 47802

WEBSITE: WWW.DRGUTHAPPINESS.COM

PHONE: 812 250 6662

EMAIL: GUT@DRGUTHAPPINESS.COM