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### **A salutogenic approach to managing Irritable Bowel Syndrome: exploring the efficacy of the FODMAP diet to revive patients' Quality of Life**

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IBS is a multifactorial, heterogeneous, debilitating, complex, chronic disorder of heterogeneous pathogenesis and clinical phenotype, and the most prevalent Functional Gastrointestinal Disorders (FGIDs). Foods are considered as possible etiopathogenetic or exacerbating factors of IBS. Hence, an increasing number of IBS-patients have attempted dietary therapy for the treatment and control of GI-symptoms and for enhancing their quality of life (QOL). The LOW-FODMAP diet (LFD) is a novel, adjuvant dietary therapy for IBS for the treatment of IBS. The purpose of this paper is to critically review the scientific evidence on the efficacy of the LFD as a dietary therapy for improvement of GI-symptoms and QOL. The scientific evidence from a range of retrospective, prospective, uncontrolled and controlled observational cohort studies and clinical trials from multiple centres around the world demonstrate the clinical efficacy and putative mechanisms of the LFD as a dietary therapy for improvement of GI-symptoms and QOL. We contend that a 'Salutogenic integrative, holistic, patient-centred approach to the treatment of IBS, applying the LFD as personalized precision-nutrition therapy, provides IBS-patients direction towards GI-symptoms control and QOL. Further research is pertinent to fill current gaps in knowledge on the effects of the LFD on GI-symptoms type, severity and frequency, nutritional adequacy, altered gut microbiota composition, colonic health and QOL. This will allow for making robust inferences about the long-term risk and safety of the LFD as a personalized precision-nutrition dietary therapy for IBS-patients.

#### **Biography**

Dr. Reimara (PhD) has over 10 years of teaching and research experience in the field of HRM, Wellbeing, Global Mobility, and International Business. Dr. Valk has worked for various educational institutes in the Netherlands, India, China, Iraq and Malaysia either as a Faculty member or Visiting Professor. Currently, Dr. Reimara is pursuing a Global Online MSc. Degree in Food Science & Innovation at Manchester Metropolitan University, United Kingdom.

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