



Webinar Replay: How to Eat to Relieve IBS and Heal Your Gut

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A puzzling chronic disorder that affects more women than men, irritable bowel syndrome (IBS) can be relatively mild, or it can seriously interfere with your daily life. Symptoms often include abdominal pain, gas, bloating, diarrhea, and constipation.

In this webinar, integrative gastroenterologist Angie Sadeghi, MD, shares the latest on what doctors know about IBS and gut health, and how plant-based nutrition and other lifestyle strategies can help. Dr. Sadeghi discusses:

- Is it IBS or something else? Understand the symptoms.
- How food allergies, food sensitivities, and IBS are linked—plus a doctor's take on the low-FODMAP diet.
- How integrative medicine can treat IBS by blending evidence-based nutrition and lifestyle strategies with cutting-edge medical approaches.

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