

Exclusive 10% Discount

# The FODMAP Diet for Irritable Bowel Syndrome

Understand IBS and manage your symptoms, from the FODMAP experts

**Are you suffering from IBS and wanting to learn more about the FODMAP diet?** The expert team at Monash University has developed an online course to help you better understand your condition and how to safely follow a 3-step FODMAP diet.

This 5-module course is written with patients in mind, so there's no jargon or complex language. The course covers all the essential topics including:



- The importance of getting an accurate diagnosis of IBS
- What FODMAPs are and where they are found
- How to implement Steps 1, 2 and 3 of the FODMAP diet
- Understanding whether your IBS symptoms are sensitive to FODMAPs
- What to do if your IBS symptoms do not improve on a low FODMAP diet
- Other therapies to help manage IBS symptoms

Interactive elements are incorporated throughout, including videos, infographics, Q&A flip cards, sorting activities and interactive charts.

Visit [www.monashfodmap.com/online-training](http://www.monashfodmap.com/online-training) to activate your 10% discount code: **EATR10**

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