Leyla Weighs In: Beyond Medication—Dietary Solutions for IBS

written by Leyla Muedin MS, RD, CDN | February 14, 2025

Low FODMAP and Low Carb Diets Outperform Drugs for IBS Treatment: In this episode of Intelligent Medicine, Nutritionist Leyla Muedin discusses a study published in the Lancet Gastroenterology and Hepatology Journal examining the effectiveness of diet versus drug interventions in managing irritable bowel syndrome (IBS). The study presents findings from a single-blind, randomized control trial comparing low FODMAP, low carbohydrate diets, and pharmacological treatments. Results indicate that both diet groups significantly outperformed drug treatments in symptom severity reduction, with specific benefits observed in patients suffering from constipation and diarrhea-dominant IBS. Leyla highlights the advantages of dietary interventions as first-line treatments for IBS, the practical aspects of implementing these diets, and the study’s broader implications for improving quality of life for IBS sufferers.