



The Good Clean Nutrition Podcast
Episode 13 Show Notes

Episode 13: Gut Feelings: Dietary Strategies for IBS Management with Will Bulsiewicz, MD, MSCI

Welcome to today's episode of *The Good Clean Nutrition Podcast*, hosted by integrative dietitian and nutrition educator Mary Purdy! Each episode provides healthcare practitioners and health-minded consumers expert information on current and trending topics. Today, Mary welcomes guest Dr. Will Bulsiewicz, known by many as Dr. B, for a conversation on dietary strategies for IBS management.

Dr. B is the award-winning gastroenterologist behind The Gut Health MD, which was launched on Instagram in 2016 as a way to connect with patients and share evidence-based information. He is board certified in internal medicine and gastroenterology, an expert in digestive diseases, and the author of the *New York Times* bestseller *Fiber Fueled* (along with the soon-to-be-published corresponding cookbook, *The Fiber Fueled Cookbook*). In addition to his extensive medical training in the area of gut health, Dr. B has years of experience navigating his own gut issues. When he realized that the pills and procedures in his medical tool bag were insufficient to solve his own health problems, he tried exercising as a way to deal with his issues. When this failed, he turned to his diet. He worked to heal himself through diet and other lifestyle changes, and then brought what he learned about diet into his GI practice.

Dr. B has a large social media following, and this is rooted in the fact that gut issues (and specifically IBS) are prevalent in the US. Focusing on IBS, Dr. B explains that the condition includes both abdominal discomfort and a change in bowel habits. Other health issues, such as celiac and CSID, can look like IBS; thus, the first step of dealing with gut trouble is to firmly establish the right diagnosis. People must also look to root causes behind their symptoms, and Dr. B explains his belief that IBS is rooted in a problem in the gut microbiome, which is mainly located in the large intestine. This problem, called disbiome, occurs when there are less "good" or more "bad" microbes, or when there is less microbe diversity.

While the science around the microbiome is still progressing, Dr. B is encouraged by the great strides that are being made (and studies like The American Gut Project). He shares how he arrives at an IBS diagnosis and explains that the gut biome is malleable. Healthy choices can yield positive change in as little as 24 hours, and one crucial step to take is to work more plants - and the fiber they contain - into the diet. Contrary to popular conceptions of fiber as boring, fiber is sexy! It's in all plants and mushrooms, and while humans lack the enzymes to process fiber, fiber is the preferred food of the microbes in the colon. These microbes are able to break down fiber, and the breakdown process makes the microbes stronger and has an anti-inflammatory impact across the body. People should pace themselves as they begin consuming more fiber, and Dr. B channels the Beastie Boys with his clarification that "low and slow is the tempo."

As the conversation wraps up, Dr. B shares about his cookbook, which offers a celebration of culinary traditions around the world. It includes plant-based recipes, along with a toolkit for gut health. By way of parting advice, Dr. B urges listeners to focus on the diversity of plants in their diet.



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Check out Dr. B's book, [Fiber Fueled](#) and his new cookbook, [The Fiber Fueled Cookbook](#).
Learn more about [Dr. Drossman](#) and [The Rome Foundation](#).
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