



# Navigating the Low FODMAP Diet

## SYDNEY

**Sat 20th May 2017**

The University of Western Sydney,  
Parramatta South Campus, Building EA,  
Ground Floor, Lecture Theatre 1, Room 18

## BRISBANE

**Sat 3rd June 2017**

The University of Queensland  
St Lucia Campus, Holt Function Room  
Building 21C, Level 3

**Irritable Bowel Syndrome (IBS)** is a frustrating condition that causes substantial pain and suffering. While medications aren't very effective at managing IBS symptoms, the low FODMAP diet can provide symptom relief in up to 70% of people with IBS. FODMAP Friendly, in combination with a range of IBS and FODMAP experts, is running seminars to help people with IBS learn how to navigate the low FODMAP diet so that they too can feel the benefits. You'll learn about how IBS affects your body, what FODMAPs are and why they matter, and how the low FODMAP diet works. We'll also teach you about practical strategies and resources that make a low FODMAP diet easier so that you can overcome the challenges and quickly get back to feeling normal.

### HOW IRRITABLE BOWEL SYNDROME (IBS) AFFECTS YOUR BODY

**Professor Martin Weltman**, *Gastroenterologist & Hepatologist (Sydney)* and **Dr James Daveson**, *Gastroenterologist (Brisbane)*.

### BASICS OF THE LOW FODMAP DIET

**Joanna Baker**, *Accredited Practising Dietitian, Accredited Nutritionist, Registered Nurse, Everyday Nutrition, FODMAP Friendly*.

### STRATEGIES FOR A SUCCESSFUL LOW FODMAP DIET

**Dr Glenda Bishop**, *Registered Nutritionist and Neuroscientist, A Less Irritable Life*.

### TESTING FOODS FOR FODMAPS

**Shaynie Ashkenazi**, *Associate Nutritionist, FODMAP Friendly*.

### HOW A LOW FODMAP DIET HAS HELPED MY IBS

**Alana Scott**, *A Little Bit Yummy*

### Q&A SESSION

### SESSION TIMES

**Sydney 9:15am – 12:30pm**

[PURCHASE SYD TICKETS](#)

**Brisbane 9:15am – 12:30pm**

[PURCHASE BNE TICKETS](#)

**FODMAPPED**  
for you!

**ALPINE**  
BREADS

Simply  
Wize

KEZ'S  
KITCHEN  
FREE

**Lewis & Son**  
APPRETSING SINCE 1945