



In this episode, host Ginger Hultin talks with gut health nutrition expert and registered dietitian Kate Scarlata all about Irritable Bowel Syndrome (IBS). They explore its prevalence, symptoms, treatments, and the stigma often associated with this gastrointestinal issue. Discover the significant impact of IBS on quality of life, the importance of diet, including the controversial low FODMAP diet, and why a multidisciplinary approach to treatment is crucial. Learn about the science behind IBS, the role of the gut microbiome, and how conditions like small intestinal bacterial overgrowth (SIBO) overlap with IBS symptoms. The conversation also touches on the necessity of self-care and finding the right healthcare team to manage this complex condition.

In this episode, we'll cover:

01:22 Understanding SIBO and Its Connection to IBS

03:03 The Science Behind IBS and Its Diagnosis

07:27 Exploring Treatments

12:49 Addressing the Stigma and Advocacy for IBS

15:03 The Importance of Research and Multidisciplinary Care

20:38 Dietary Approaches to Managing IBS and SIBO

21:08 The Low FODMAP Diet

About Ginger Hultin, MS, RD, CSO:

Ginger Hultin is an integrative, clinical dietitian and cancer nutrition specialist with a master's degree from Bastyr University, where she currently serves as adjunct faculty teaching clinical nutrition. She has been in practice for over 10 years using a personalized, holistic nutrition approach. She runs a full-time virtual private practice, [Ginger Hultin Nutrition](#) where she helps clients with complex health problems improve their health through nutrition. In addition to being the host of The Good Clean Nutrition Podcast, she is an author of two books, Anti-inflammatory Diet Meal Prep and the How to Eat to Beat Disease Cookbook. Ginger is also currently pursuing her doctorate in clinical nutrition.

Connect with Ginger on [Instagram](#), [LinkedIn](#) or her [website](#).

About Kate Scarlata, MPH, RDN:

Kate Scarlata MPH, RDN is a Boston-based registered dietitian and New York Times best-selling author with 30+ years of digestive health experience. She was awarded Best Dietitian 2016 by Boston Magazine. She's a world-renowned low FODMAP diet expert and invited speaker at numerous international and national gastrointestinal health conferences from Harvard Medical School to Monash University. Kate specializes in digestive health including treatment for: IBS, celiac disease, inflammatory bowel disease, Mast cell Activation syndrome and small intestinal bacterial overgrowth (SIBO). Her passion is to educate health professionals on Gut Health topics as well as patient advocacy via her #IBelieveinyourStory campaign. Kate has been featured in articles by NBC News, USA Today, The Washington Post, Shape Magazine, The Zoe Report, Well+Good, The Boston Globe and many more.

Connect with Kate on [Instagram](#), [Twitter](#), [LinkedIn](#), or her [website](#).

Resources mentioned in the episode:

MONASH app: <https://www.monashfodmap.com/ibs-central/i-have-ibs/get-the-app/>

Nerva app: <https://try.nervaibs.com/>

Additional Links:

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