

The role of food in gastrointestinal symptoms

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The Role of Food in Gastrointestinal Symptoms

The Influence of Various Food Components and Psychological Factors

1. It is important to consider overall diet quality in IBD and IBS patients, as low diet quality could be both the result and the cause of food-related symptoms.
- *This thesis, Chapter 2* -
2. Identification and elimination of the top five trigger foods for an individual patient can be effective at relieving symptoms in a substantial number of IBS patients.
- *This thesis, Chapter 4* -
3. The placebo effect plays a significant role in symptom induction in NCGS, suggesting a role for the gut-brain interaction.
- *This thesis, Chapter 6* -
4. The associations between food intake, psychological factors, and GI symptoms can be bidirectional or even three-dimensional.
- *This thesis, Chapter 7* -
5. Future studies on food avoidance in IBS should focus on an individualised approach and enter the field of precision nutrition, as well as including the impact of psychological factors.
- *This thesis, Impact paragraph* -
6. Ultra-processed foods affect human health through alterations of the intestinal microbiota composition and function.
- *Srouf et al. Lancet Gastroenterol Hepatol, 2022* -
7. The efficacy for relief of gastrointestinal symptoms and improving quality of life of gut-directed hypnotherapy is similar to that of the low FODMAP diet in IBS patients.
- *Peters et al. Aliment Pharmacol Ther, 2016* -
8. Every dietary assessment method that is currently available has its limitations and is prone to bias.
9. Let food be thy medicine and medicine be thy food.
- *Hippocrates* -
10. Of course it is happening inside your head, Harry, but why on earth should that mean that it is not real?
- *Albus Dumbledore* -