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Food Intakes, Diets and Nutritional Interventions for Irritable Bowel Syndrome

Guest Editor:

Dr. Jean-Marc Sabaté

Assistance Publique Hopitaux
Paris (APHP), Gastroenterol Dept,
Avicenne Hospital, Bobigny,
France

Deadline for manuscript
submissions:

closed (31 October 2021)

Message from the Guest Editor

Irritable bowel syndrome, which combines abdominal pain and transit disorders, affects 4 to 10% of the population. Although it's benign disease, it can be responsible for an alteration in the quality of life, especially in the most severe forms of IBS. While the causes of IBS are still poorly understood, many mechanisms, both peripheral and central have been described. A link with food is made by two thirds of patients who are often dissatisfied with conventional treatments. We need more information about the various aspects that connect food and IBS: the dietary intake of patients, the link between food and various mechanisms in humans and in animal models of IBS, efficacy of diets and food supplements used for IBS, acceptance and education of patients for nutritional therapies.



mdpi.com/si/77277

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1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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Contact Us

Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
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