



because you feel better for eating them and, perhaps more importantly, because you like the taste. It's amazing how many people think healthy food should taste bad! What you put on your plate should benefit you nutritionally and mentally, otherwise the good you get from eating will be sabotaged by your desire to have something you really like, and there's nothing worse than spending money on an expensive superfood only to find it staring at you from the cupboard six months later.

ALI WALSH

Q I don't have diagnosed coeliac disease but do suffer with digestive issues – bloating and irregular bowel movements! Will cutting out gluten help or could it be something else?

There can be many causes of digestive symptoms and unfortunately it's not usually as simple as singling out gluten as the culprit. The gut issues you've described, as well as heartburn, flatulence, diarrhoea and/or constipation indicate an imbalance in gut flora. The health of our gut can be directly influenced by a number of things – yes gluten is one, but also antibiotics, the contraceptive pill, non-steroidal anti-inflammatory drugs (NSAIDs) such as

ibuprofen and aspirin, a diet low in fibre and high in refined carbohydrates, sugar and processed foods, bacteria or parasitic infections and stress can all play a role.

Following a Low FODMAP approach can help to reduce symptoms. These are foods that contain fermentable carbohydrates such as fruit, dairy, garlic, onion, bananas, beans, lentils and artificial sweeteners. This is by no means an intuitive or full list of foods to avoid and is best undertaken with the help of a professional.

Getting to the bottom of unexplained digestive issues can be a frustrating and long journey, a registered nutritional therapist will take into account a full health history and devise the best protocol for your specific symptoms. They also have access to a large number of laboratory tests that can help to identify the root cause.

BECKY GRAHAM



OUR EXPERTS



Maria Bez

Maria is a registered nutritionist with the British Association of Nutritional Therapists. She has a BSC degree in Nutritional

Medicine and practices from Nourish, her clinic in Bath. As well as attending to clients, she writes and speaks on all matters relating to nutrition and lifestyle. She is dedicated to providing individuals with information and advice to take control of their own health and wellbeing.

www.nourishcentre.co.uk



Ali Walsh

Ali Walsh was diagnosed with coeliac disease nearly 20 years ago, at a time when free-from food was scarce. She started her own cake business

because there was a lack of fresh gluten-free cake on offer. Ali feels if you can't eat a particular food, you shouldn't feel deprived, and has created recipes so delectable that even people without dietary requirements clamour for her bakes. A regular on *BBC Radio*, Ali often advises on managing diets.

www.thelocalbakehouse.com



Becky Graham

Becky is a nutritional therapist based at the renowned Institute for Optimum Nutrition in Richmond, London. She is trained in Functional

Medicine, which uses a personalised approach to nutrition working with a wide range of conditions from stress and low energy to digestive or hormonal imbalances. As well as working with clients on an individual basis, Becky works with large companies to support health and well-being initiatives.

www.healthyhedonist.co.uk