



# Naturopathic Elimination Diet for Irritable Bowel Syndrome

We convened an expert panel of American and Canadian Naturopathic Physician experts in IBS. We used standard Delphi methodology over four rounds to review statements for agreement in terms of a “reasonable naturopathic approach.” There was strong consensus for using elimination diets to guide dietary interventions in IBS (median 85.5). We then followed up with specific items deemed reasonable to exclude in the elimination phase of a naturopathic elimination diet for IBS. The following types of foods reached consensus for elimination:

- High FODMAP foods
- All wheat and gluten
- Sugar and artificial sweeteners
- Processed foods
- Deep fried food
- Fast food
- Soy
- Soda
- Corn

## Citation:

Goldenberg, J. Z., Ward, L., Day, A., & Cooley, K. (2018). Naturopathic Approaches to Irritable Bowel Syndrome—A Delphi Study. *The Journal of Alternative and Complementary Medicine.*

