



Fruits like apricot, plum and nectarine, as well as avocado, pears and apples are examples of fruit that can contribute to watery stool and flatulence. Pineapple, oranges, banana and strawberry are examples of fruit that do not contribute to flatulence.

Barley, wheat and rye can also contribute to flatulence. This is due to the content of fructans passing unchanged to the large intestine, where they are decomposed by bacteria, thereby producing more gas. Instead you can eat buck wheat, spelt, quinoa, gluten-free bread, rice and moderate amounts of oat.

Some also experience flatulence, if they cannot digest lactose (milk sugar) in milk, soured milk products and cream. Therefore only lactose-free products are used in the diet.

Sorbitol, xylitol and mannitol used as sugar replacement in chewing gum and pastilles, can also increase flatulence. Sorbitol is also found naturally in fruits like apples and pears.

RECIPE BOOK WITH LOWFODMAP DIET

If you would like more information about the "Low FODMAP diet", five Danish dieticians, M. Borre, S.J. Albrechtsen, L. Jensen, M.L. Jacobsen and C.G. Seidel, have published a Danish recipe book about the diet through the publishing company Muusmann.

QUENCH YOUR THIRST IN WATER

The body's total need for fluid is 1.5-2 litres every day. More fibres require extra fluid, as the fibres bind fluid in the intestines. If you eat lots of fibres without getting enough fluids, you can get constipated.

BE PHYSICALLY ACTIVE

Exercise is important to your weight and general well-being, but also to the normal function of your bowel.

HUSK®-FIBRES

HUSK® is Psyllium husks, also known as Ispaghula husks. HUSK® is a natural fibre, relieving constipation, irritable bowel syndrome (IBS) and diarrhoea. Furthermore HUSK® lowers the cholesterol levels of the blood.

HUSK® has been used for many years and is non-habit-forming to the bowel. Therefore HUSK® will not result in "slow" bowel movements. The husks form a gelatinous mass that eases stool passage through the intestines.

SUPPLEMENT OF HUSK®

HUSK® can be taken as a daily fibre supplement and is available both as powder and in capsules. HUSK® powder can be stirred in water or juice, or sprinkled on soured milk products or added to porridge and bread. 2-3 teaspoons of powder or 6-10 capsules twice a day should normally be sufficient. It is important to drink 1-2 glasses of water after taking HUSK®.

In Denmark you can buy HUSK® at the pharmacy, in Matas, in health shops and the supermarket.



HUSK PRODUCTS

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HUSK®

Irritable bowel help to a regular bowel



By clinical dietician Mette Borre



IRRITABLE BOWEL

Bowel problems such as constipation or irritable bowel are troublesome and can be chronic or come and go for periods of time.

Irritable bowel or colon spastic or nervous bowel is a frequent, non-life-threatening gastrointestinal disorder. New knowledge has shown that the irritation can stem from the entire intestine and not just from the large intestine.

Irritable bowel is not an actual disease that can be detected with blood samples or biopsies (tissue sample) and the condition cannot be removed or cured with medicine. The symptoms of the condition have a negative effect on everyday life.

Irritable bowel is seen in 1 out of 10 adults. Particularly women are prone to irritable bowel. The condition can also occur in patients with intestinal diseases like Crohn's Disease or Ulcerative Colitis. The condition presents itself in different ways, namely predominantly constipation or varying bowel movements and a tendency to flatulence, stomach pains, wind and/or watery stool.

The cause of irritable bowel is unknown. Many are told they will have to learn to live with the condition and go through periods of time where the symptoms intensify, for instance during stressful periods.

CONSTIPATION

Constipation is hard and lumpy stool, typically infrequent with several days apart. Constipation can be due to insufficient fluid intake, lack of fibres and wholegrain.

Fibres and wholemeal are found in rye bread, oats, pasta, brown rice, bulgur, potatoes, vegetables, fruit and nuts, as well as in some husks like HUSK® (85 % fibre).

Rye bread and rye crisps have the highest fibre content. The fibre content in bread can vary, but if you look for the "wholemeal logo", the fibre and wholemeal content in the product is good. Oatmeal or rye flakes are also good fibre sources. It is recommended that you eat 75 g wholemeal a day. Wholemeal pasta and brown rice have higher fibre content than ordinary pasta and white rice. Fruit and vegetables provide many fibres and vitamins and minerals, and it is recommended to eat a total of 600 g fruit and vegetables a day.

If the fibre intake is increased you will usually have more regular bowel movements. This is because fibres bind fluid; they soften the stool and stimulate the intestinal movements, making the stool pass more quickly.

Fibres increase the content of beneficial bacteria in the large intestine. All this is usually an advantage in constipation.

A daily supplement of HUSK® can relieve constipation and prevent new episodes. HUSK® is well-suited for normalising varying bowel movements with alternating constipation and diarrhoea, and with documented effect. If you experience increased flatulence and wind when changing your diet, it may be helpful to read next section about the LowFODMAP diet.

LOW FODMAP DIET

- HELP TO A REGULAR BOWEL

New studies show that 70 % of patients with flatulence, distended stomach, stomach pains, stomach rumbling and wind can improve their situation by following a new diet, "Low FODMAP diet", developed by Australian dietician Susan Shepherd.

FODMAP is an acronym for:

- **Fermentable** - meaning carbohydrates that are decomposed by bacteria in the large intestine.
- **Oligosaccharides** - a group of carbohydrates with between two and ten molecules (units)
- **Disaccharides** - a subgroup of Oligosaccharides, consisting of two molecules (units)
- **Monosaccharides** - one single molecule (unit)
- **And**
- **Polyols** - also known as sugar alcohols, often ending on -ol.

The purpose of the diet is to reduce the amount of "windy" foods that can also contribute to watery stool. The following are examples of some of the foods causing flatulence:

Vegetables like onions, leeks, garlic, cauliflower, artichokes, dried legumes (chick peas, brown and white beans) are "windy" foods. Cucumber, carrots, green beans, celeriac and potato do not increase flatulence.

