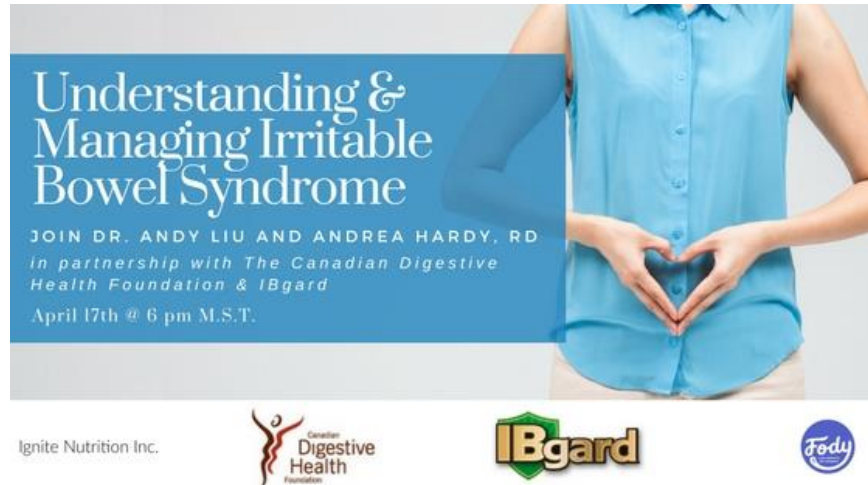


April is IBS Awareness Month!

Join Ignite for our fundraiser and event on *Understanding & Managing Irritable Bowel Syndrome* on April 17th at 6pm, in partnership with the Canadian Digestive Health Foundation.



Did you know?

- Irritable bowel syndrome affects 20% of Canadians (we have the HIGHEST rates of IBS in the world!)
- IBS is NOT a diagnosis of 'exclusion' (diagnosed if everything else is ruled out and there are no other answers) – it is a real diagnosis with real diagnostic criteria
- Many patients are told to learn to live with it – however there are MANY ways to manage IBS so that it doesn't impact your quality of life

What You'll Learn

At the event, we will be sharing with you how IBS is diagnosed, and what the BEST ways to manage your IBS is. Over 60% of patients are unhappy with and feel a lack of control around their IBS symptoms. There ARE simple things you can do to manage your IBS. We will be reviewing our four pillars of gut health in IBS:

- Nutrition management
- Mindfulness based stress reduction
- Medication management
- Taking care of your microbiome

Tickets can be found at [Eventbrite.ca](https://www.eventbrite.ca) (search IBS) or by emailing us at admin@ignitenutrition.ca