



COCONUT CHOCOLATE PIES
LOW FODMAP



GLUTEN-FREE SOUPS
LOW FODMAP



DINNER PARTY FOOD
LOW FODMAP DINNER PARTY



SPICY SPRING ROLLS
GLUTEN-FREE & LOW FODMAP

Successfully Overcame IBS

And Will Show You How You Can Do It Too

— As Seen On —

FOX **abc** **CBS** **NBC** **Miami Herald** **The Boston Globe**

Author & Coach

Suzanne Perazzini

Strands of My Life
Combating IBS with a **Low Fodmap Diet**

"Suzanne, and the specific 6 week program, has helped me immensely to regain everything that I.B.S. had taken away from me. I can't thank Suzanne enough for her time, patience and support." - Judy Kemp



Suzanne Perazzini is the Author of Low Fodmap Menus and the Creator of the Inspired Life Coaching Program

From IBS Sufferer To Living An Inspired Life

Suzanne Perazzini had suffered from digestive issues all her life. She can't tell you when she realized that not everyone suffered when they ate, but she learned early on that one didn't talk about what happened inside the body.

It wasn't until she went to live in Italy at 23 that she found a nation who thrived on conversations involving the condition of one's internal organs.

But it is difficult to change more than two decades of conditioning and, even though she lived there for 9 years, she never contributed anything of interest to these intimate discussions. She suffered in silence.

Through the years, she approached

numerous doctors with her symptoms only to be told that she had irritable bowel syndrome and to eat more fiber, whole grains, fruit and vegetables.

Each time she diligently went away and obeyed their instructions and felt worse. They say that the definition of insanity is doing the same thing over and over and expecting a different result. She felt she was insane. For years!

What Changed?

Two years ago, she started [Strands Of My Life](http://www.strandsOfMyLife.com) as a way of exploring food and the effect it had on her body. At first, she cooked mainly fast, healthy, real food dinners since she worked full time and had little energy in the evening to cook complicated meals for the family.

A few of the delicious foods Suzanne Enjoys...



"You don't have to suffer from IBS any longer and you certainly can enjoy tasty foods & dishes that not only work for you, but your whole family enjoys as well." - Suzanne Perazzini

She joined a few groups of bloggers who were focused on eating and living in a healthy way and discovered the different eating regimes they were following which helped their health issues.

She tried the well-documented Paleo diet for several months and ultimately it made her symptoms worse. She lost energy and her digestive issues got worse.

“This is not a testimonial against the Paleo diet. It helps many people – I was just not one of them.”

She Googled her symptoms and finally found something promising. However it didn't come without its challenges.

“I found an article that described the symptoms of someone who was intolerant to FODMAPs and a light bulb went on. This person was describing me, right down to how ‘healthy’ food made me worse. I investigated further and fructose malabsorption was mentioned. I knew almost immediately that I had hit the bullseye.”

This intolerance to the sugars in food is a strange and difficult one to isolate.

Suzanne had tried eliminating many types of food in the past with no relief but she had never thought of something as complex as this. For the healthiest foods to be the culprits is almost unthinkable.

She now knows why the doctors' advice always made her worse. And she knows why the Paleo diet didn't work – and because of that she is fully committed to helping people eliminate their IBS symptoms so they can get their lives back.

Below Suzanne shares her insights.

An Interview With Suzanne Perazzini

Suzanne recently sat down in an interview and shared some of the major questions IBS sufferers have in regards to dealing with their symptoms and how they can actually begin to enjoy everyday life again.

Tony Teegarden: Hi, this is Tony Teegarden. I'm here with Suzanne Perazzini from New Zealand who's the author of Low

FODMAP Menus for IBS and the creator of the Inspired Life Low FODMAP coaching program. Suzanne, welcome.

Suzanne Perazzini: Thank you, Tony. I'm very happy to be here.

Tony Teegarden: Outstanding. Suzanne, first off, tell us why you're so passionate about what you do. What's led you to becoming an authority on low FODMAPs?

Suzanne Perazzini: I guess a life of IBS symptoms has led me to this. I discovered that the low FODMAP diet, after decades of pain, has taken away my symptoms, and I live a completely different life now. I want this for everybody with IBS.

There are so many of us. 12% to 15% of the global population has IBS. That's a lot of people, and the majority of them don't know that there's a diet that can reduce their symptoms. That's why I'm passionate about it.

Tony Teegarden: Wow, so you've got a pretty large market to work with.

Suzanne Perazzini: There are a lot of people out there suffering.

Tony Teegarden: Outstanding. I know you're excited about supporting those people. Let me ask you first and foremost a big question probably on a lot of people's minds. What causes IBS?

Suzanne Perazzini: Well, they don't exactly know what causes IBS, and that's the problem. They do know that there's a brain-gut communication link that's faulty in those like me, and that causes the intestines to contract or spasm in an abnormal way, and that gives pain. These contractions can speed up the passage of matter through the gut which means diarrhea, or it can slow it down which means constipation. We've got hypersensitive guts, and we digest signals in a different way, and we feel pain while the same signals wouldn't cause another person pain.

Tony Teegarden: Is there a cure for IBS?

Suzanne Perazzini: No. Just as they don't know what causes it, there's no cure for it. In fact, many doctors, if you go to see them and they tell you you've got IBS, they'll tell you that you

have to learn to live with it because there's nothing you can do about it.

That's not completely true as we've discovered with the low FODMAP diet. You can reduce the symptoms. You can't cure it. You can reduce the symptoms and live pain-free through using the low FODMAP diet by eliminating the high FODMAP foods from your daily diet.

Tony Teegarden: What evidence is there that this low FODMAP diet works?

Suzanne Perazzini: The diet was actually created way back in 1999 by Dr. Sue Shepherd who works at the research center at the Monash University in Australia. She found that her clients that had been diagnosed with gluten intolerance weren't really getting completely better. She figured that maybe it wasn't the gluten in those particular foods which contained wheat and rye etc.

She looked at the fructans which is the carbohydrate part, whereas gluten is the protein part. Then she thought of other foods that have got fructans in them, like onions and garlic. She decided to eliminate all those foods with fructans from her clients' diets - those who weren't responding well to a gluten free diet. She found that there was an enormous improvement in them so she knew she was onto something.

Fructans are oligosaccharides. That's just one of the sugars in food. She looked at the other sugars like the disaccharides and the monosaccharides and the polysaccharides, and she restricted foods containing all of those elements from her clients' diets. There was a dramatic improvement once they were all gone.

By now, she was suggesting this kind of eating to those with IBS as well, not just the people who were gluten intolerant or who thought were gluten intolerant. Again, dramatic improvements. At this point, I think this was about 2006, 2008, she did a double blind, quadruple arm, randomized cross-over placebo controlled trial with amazing results. Seventy five percent of those with IBS responded well to the diet, and that proves it scientifically.

Tony Teegarden: With all of this evidence, why don't doctors and dietitians seem to know more about this diet or even know about it?

Suzanne Perazzini: Yes, that's a great question, and I had to ask a doctor that to get an answer that made sense. Apparently, in the medical world two separate research centers have to come up with exactly the same results before it's taken on board by the medical profession as a whole. To date, that hasn't happened. It's only happened at Monash University.

Those of us who've had our lives completely turned around by this are really pretty shocked that it's not out there already, especially because now with the Internet there's just so much anecdotal evidence there from long time sufferers like me who now live normal lives and know that it works. It is slowly reaching the doctors and the dietitians but not fast enough, unfortunately.

Tony Teegarden: Yeah, unfortunately. There's someone probably listening to this interview right now, Suzanne, and they're asking themselves, how do I know if this diet will work for me. What's your answer?

Suzanne Perazzini: If you've been diagnosed with IBS and you've been to lots of doctors, and they all say there's no hope of a cure, we can't help you, or they keep giving you medication after medication and test after test, and nothing's ever found in those tests, and the medications really help in a minor way, for me that's the key. If they haven't found anything, that means you have IBS and you can probably, well, 75% of you will be helped by this diet.

Also, I hear of terrible stories of people who've had operations to take out part of their bowels. One woman that I spoke to has got no bowel left. Another one's only got 18 inches left. Another was given a hysterectomy and her pain was still there afterwards. All of those women that I mentioned there, they then found the low FODMAP diet and it sorted their problems. Quite rightly, they're very excited, but also pretty angry and sad about what has happened to them.

Tony Teegarden: I can imagine so. Why is it that some people eat something in the morning and have no problem but have

symptoms when they eat the same thing later in the day?
Can you explain that?

Suzanne Perazzini: That's all about the accumulation of FODMAPs in the body. Until you go to the toilet they are just sitting in the body, so they accumulate. When you go to the toilet you zero out all those bad guys and you start accumulating again.

It's a really delicate balance to keep those FODMAPs in check. It's not something that's easy to do by yourself. It's not just a matter of having a list of low FODMAP foods and eating only those. You will still have symptoms unless you do this balancing act between the foods. All fruits and vegetables have FODMAPs, so you do have to balance how many you eat, how many you eat together and the distance you leave between eating them. All sorts of different things like that come into play.

Tony Teegarden: It sounds like one is going to have to restrict their diet and figure out what pieces work and what parts don't. I'm going to ask the \$100,000 question that someone might be asking themselves. Can I survive on such a restricted diet? Because that's what it sounds like I'm hearing.

Suzanne Perazzini: You certainly can. The elimination diet, though, is not meant for life. That's the first part. There are three parts to the diet. The first part is the elimination diet. That's not for life.

What a lot of people do who try to do this alone without any help is they make a lot of the mistakes that I've mentioned like the accumulation of FODMAPs. There's a lot of misinformation, unfortunately, on the Internet as well. People go off that, and they're eating foods that are actually high FODMAP because someone has said is low FODMAP.

What happens is these people restrict their diet down, down, down, down until they are eating the same foods over and over again, perhaps a bowl of steamed rice with a few veggies and some grilled chicken. That is a very restrictive diet and, yes, that's pretty dangerous, because you're going to end up with a whole raft of other health problems because you're not getting a wide variety of nutrients. If you're eating as widely as possible within that

elimination diet you're going to do just fine until you can start to add a few more foods.

Tony Teegarden: Okay, perfect. Can someone eat at a restaurant on this diet, then? It sounds like they might be able to, based on what you just said about a wide range of foods. Is that possible?

Suzanne Perazzini: It is absolutely possible, but a lot of people are terrified of doing it. You've just have to have a few tricks up your sleeve.

I've got about four things that I make sure I do before I go and eat out. Let me just tell you the most obvious one. Phone your restaurant in advance. If they're not willing to work with you on your intolerances, which would be pretty rare, then find another restaurant.

Once you've found that one, make sure you get to talk to the chef, not the waitress, and discuss your needs with them. There are plenty more tricks, but that's one of the main ones to start off with anyway.

Tony Teegarden: Sure, it makes a lot of sense. If that's the case, if somebody can definitely eat at restaurants with enough preparation and mindfulness, is it possible, then, that someone can travel and still stick to this diet?

Suzanne Perazzini: Certainly. Again, it's all about being prepared. I have at least nine points on a checklist that I never travel without.

This is a tip for if you are flying. Normally, you fly with somebody. You don't always. But, when I fly with somebody I ask them to share their meals with me. I don't try and tell the airline that I'm low FODMAP, because I'm probably going to end up with the weirdest kind of meal that won't be very palatable at all.

With my traveling companions I talk to them. I ask if we can share the meals. I get all the low FODMAP food and they can eat the rest. That seems to work well.

Tony Teegarden: Outstanding. It makes a lot of sense. Well, given all of this, is someone going to have to make two meals for their family now based on this diet, or is it something that

they can prepare for the entire family that they're going to enjoy?

Suzanne Perazzini: No, you don't have to make two meals. I most definitely don't. You can make amazing meals with low FODMAP food, and my family will attest to that. They get a wide range of different foods also because I put the recipes on my blog. I mean you can to a certain degree integrate some of your family's needs, but they can eat what they want for breakfast and lunch and they eat what you prepare them for dinner.

Tony Teegarden: Outstanding. Why do sometimes people get symptoms even when they're only eating low FODMAP foods? That's got to be frustrating.

Suzanne Perazzini: It is. That's why so many people fail on this diet, because they don't have enough knowledge about it. They think that just a list of foods is enough in order to conquer it.

As I said before, it's about that accumulation of too many FODMAPs in the gut during the day, having too many in a meal. Even though you think you're only eating all low FODMAP foods, the accumulation is causing a problem.

Also, we have IBS. We're never going to be without IBS until they find a cure for it, which I don't think is just around the corner. There are other factors which affect us. The diet is just one part of the puzzle.

Tony Teegarden: All right. That all probably brings up stress. When you hear about this, like you're always going to have IBS, I'm sure not only that brings stress but just the everyday occurrences of stress. Does this affect IBS at all?

Suzanne Perazzini: Oh, yeah, it sure does. As I said, diet is one piece of the puzzle. Stress is another big piece. There are other ones too. I mean even if you're eating perfectly and you go through a stressful period you're going to have symptoms, so you can't blame your diet for that.

You can blame the stress on that. Psychological factors affect that link that I mentioned between the brain and the gut, and the nerve signals can get misinterpreted by the brain. You know how you get butterflies in the stomach before you go to an exam or an interview or something

like that. Well, that's a lot more pronounced in someone with IBS, and they can even feel that as pain. That's what stress does to them, so they have to be super careful about stress and manage it in a completely different way to most of the population.

There is a whole raft of strategies that you can put into place to deal with this. One of the easiest to implement is deep breathing exercises. That's something you can do anywhere anytime, and it fools the body into thinking it's not stressed. That's only one of many strategies you can use.

Tony Teegarden: Outstanding. Suzanne, finally, is this diet for life?

Suzanne Perazzini: That depends. The elimination diet certainly is not for life. It is too restrictive. Then, you do a second phase in which you reintroduce foods. You have to do that really super carefully. You have to have a clear plan of attack. You have to do it in an established order and with a certain amount of time in between each food you test.

It's not that simple, and that's where people really seriously go off the rails. Because you're testing a food, the symptoms come back, and they throw their hands up in the air in despair and give up.

After the reintroduction phase, you settle into a diet where you've got a wider range of foods. You can repeat that second phase every now and then. Again, try to reintroduce more foods, because maybe your gut has healed enough. Some people I know have managed actually to go back to a normal diet afterwards. That hasn't happened for me. I now have a widened diet from the elimination diet and, as far as I'm concerned, it is for life.

Tony Teegarden: Yeah, outstanding. Suzanne, thank you very much for this interview. I know you've covered a lot, but there's still a lot that we didn't have time to cover. As I heard you say, there are many tips and strategies. Where can someone go where they can learn more about you, but, more importantly, how can they possibly apply for your low FODMAP coaching that you share with groups?

Suzanne Perazzini: If they just want to learn more about me, they can go to my blog, www.strandsofmylife.com . Or, if they want to go directly to the application form for my next low FODMAP diet coaching program, they can go to <http://strandsofmylife.com/inspiredlife>.

Now, you have to keep in mind that these groups are very intimate and I limit them to ten or less, so I encourage you to apply if that's what you're wanting to do. Apply quickly or you might have to wait for the next program.

Tony Teegarden: Outstanding, because I know these are six week programs and the period in between that is just more pain which is not necessary, right?

Suzanne Perazzini: That's exactly right. One more day of pain is one day too many as far as I'm concerned.

Tony Teegarden: Great. Listen, thank you again, Suzanne, for your time. You've been very generous and gracious. We look forward to you sharing more here in the future and hope people apply for your program and get the relief that they so deserve. Thank you again.

Suzanne Perazzini: Thank you very much, Tony.

What Previous Clients Are Saying:

“Suzanne's knowledge on how to incorporate this diet into your life is invaluable and I couldn't have done it without her.” - Kellie Reidinger, 24 yr old

“The "Inspired Life" Low FODMAP 6 week coaching program was just what I needed to turn my life around and get my IBS under control, instead of the IBS controlling me. Suzanne's program was very easy to follow and the recipes were delicious.” - Margaret Kneeland – in her 50s.

“The specific 6 week program has helped me immensely to regain everything that I.B.S. had taken away from me. I can't thank Suzanne enough for her time, patience and support.” - Judy Kemp

If you want to fast track your way to pain relief you'll love working with Suzanne. [Apply here for her Inspired Life Coaching Program](#) where in 6 weeks she helps you eliminate the pain and get back to enjoying life.

"My life with IBS was a daily struggle just to make it to the next day. Pain, medication, no answers and no hope that I would ever feel like a normal person again... And then I met Suzanne online, purely by chance. It was one of the best things that could've happened.

Here is someone who knows.... Someone like us that has been there and lived what we've lived. Someone who's done the research and has the plan to help get your life back.

I cannot stress enough how worth it this course has been and how much hope I now have that my future will be and can be kept pain free."

- Dawn Carseldine – in her 30s

Suzanne Perazzini



— As Seen On —

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Strands of My Life Combatting IBS with a **Low Fodmap** Diet