

# DenGodeKur.dk Has Announced An Increase In The Popularity Of Low FODMAP Diet

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Low FODMAP Diet promoter dengodekur.dk has announced an increase in the popularity of this diet plan as it becomes more recognizable across the globe. The acronym, FODMAP, stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols.

With increasingly successful results across the map, the diet has grown in popularity in leaps and bounds since its initial creation in 1999. Developed by Dr. Sue Shepherd as a treatment for those who are suffering from irritable bowel syndrome (IBS), the nutrition plan is meant to ease the absorption of molecules in the digestive tract, and has found international recognition in various medical journals.

Those interested in learning about the diet can read more at [dengodekur.dk](http://dengodekur.dk) or through the many books, journal publications, and online resources now available on the subject. Most of the symptoms that are included in IBS are bloating, gas, stomach pain, diarrhea, and constipation. The FODMAP diet helps change these bowel-related symptoms to ease pain and discomfort by limiting foods that tend to cause inflammation.

In order to achieve the above-mentioned results, DenGodeKur.dk has made it clear that users of the diet must limit the ingredients included in the FODMAP abbreviation. This means eating low quantities or restricting honey, apples, apricots, milk products, barley, garlic, onion, watermelon, high-fructose products, legumes, beans, chickpeas, and various other foods outlined by the diet guidelines.

When interested parties begin to read more about low FODMAP diet and how it works for others they will also see that there are two stages in this nutrition plan. In the beginning, those using this IBS-containment strategy will need to restrict all of the high FODMAP foods for up to two months. After this, certain items may be reintroduced into the system in low quantities to determine which foods are bothersome and which are not. After this, dieters can better understand how these dietary changes have improved or altered their condition.

For those who want to try the low FODMAP diet, DenGodeKur.dk has been specific in encouraging new or

potential users to contact a physician or nutritionist before making any drastic changes to their diet. When dealing with conditions such as irritable bowel syndrome, and other intestinal disorders, drastic food changes can sometimes worsen and increase symptoms rather than solve them. A doctor or trained professional will be able to go over the variables of the diet, help users plan a strategy that is suitable for their symptoms and lifestyle, and monitor the ongoing success of patients to rule out any problems that may be encountered.

The popularity of the diet is evidenced through a simple Google search, while the authenticity of its medicinal purposes can be seen through various medical journal publications. DenGodeKur.dk and other similar companies have claimed that this now popular diet will have a direct and positive impact on those who utilize it.

For questions or concerns regarding this press release, or for more information on DenGodeKur.dk, please use the following contact information to get in touch:

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