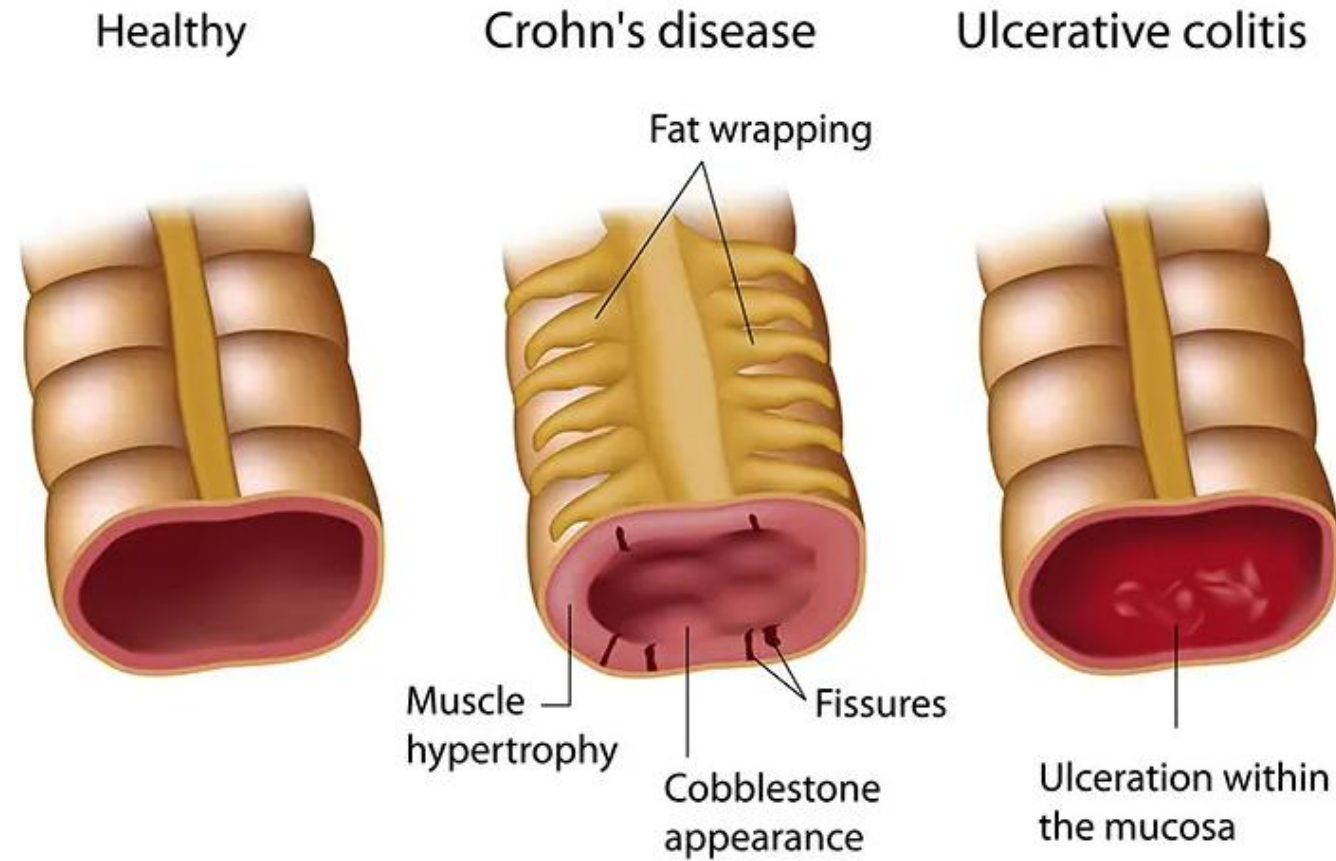


The Missing Piece of the Puzzle: Personalised Nutrition to Improve Quality of Life & Outcomes in Inflammatory Bowel Disease

Clemmie Oliver

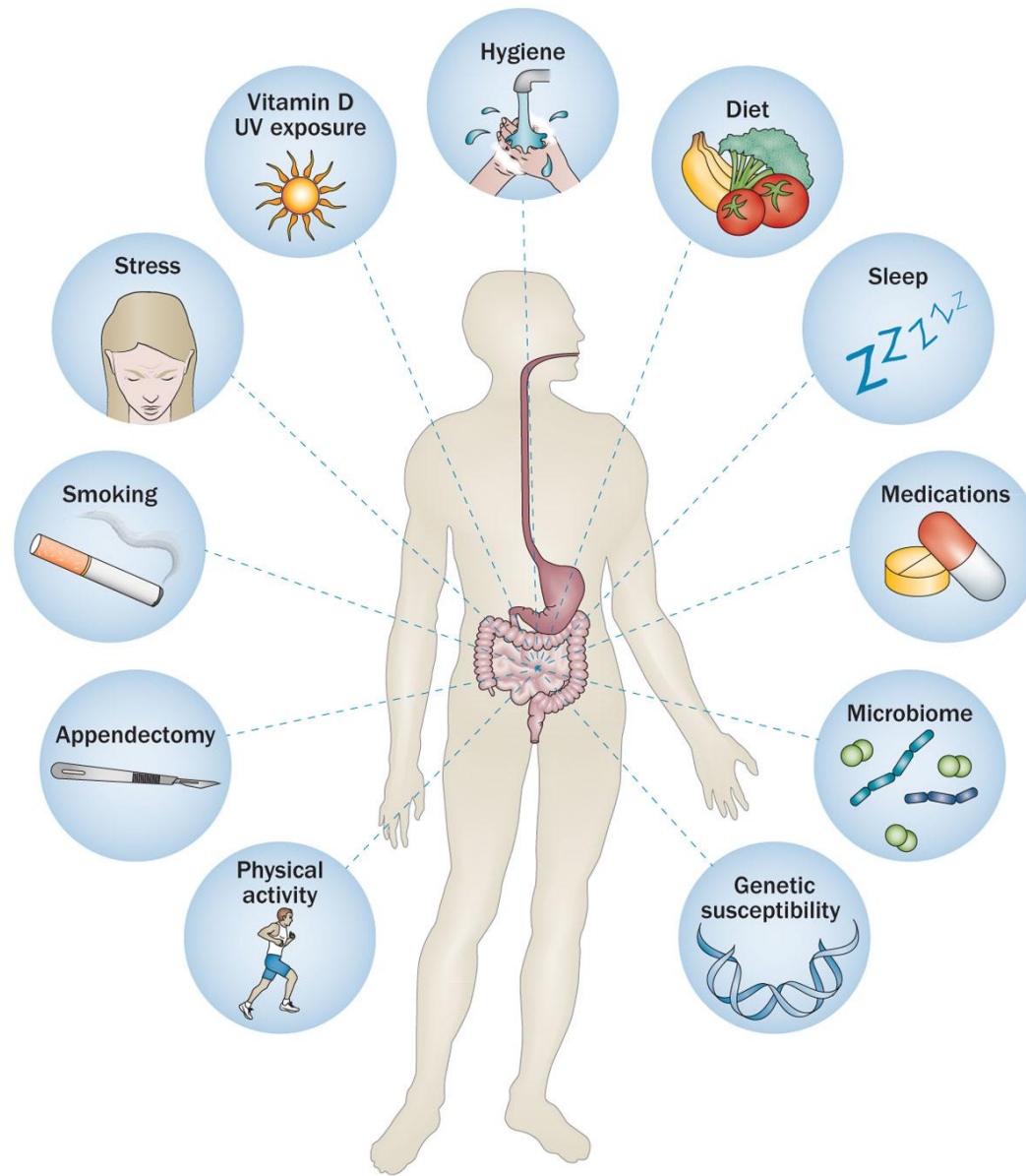
MSc, ANutr DiplON, mBANT

What is IBD?



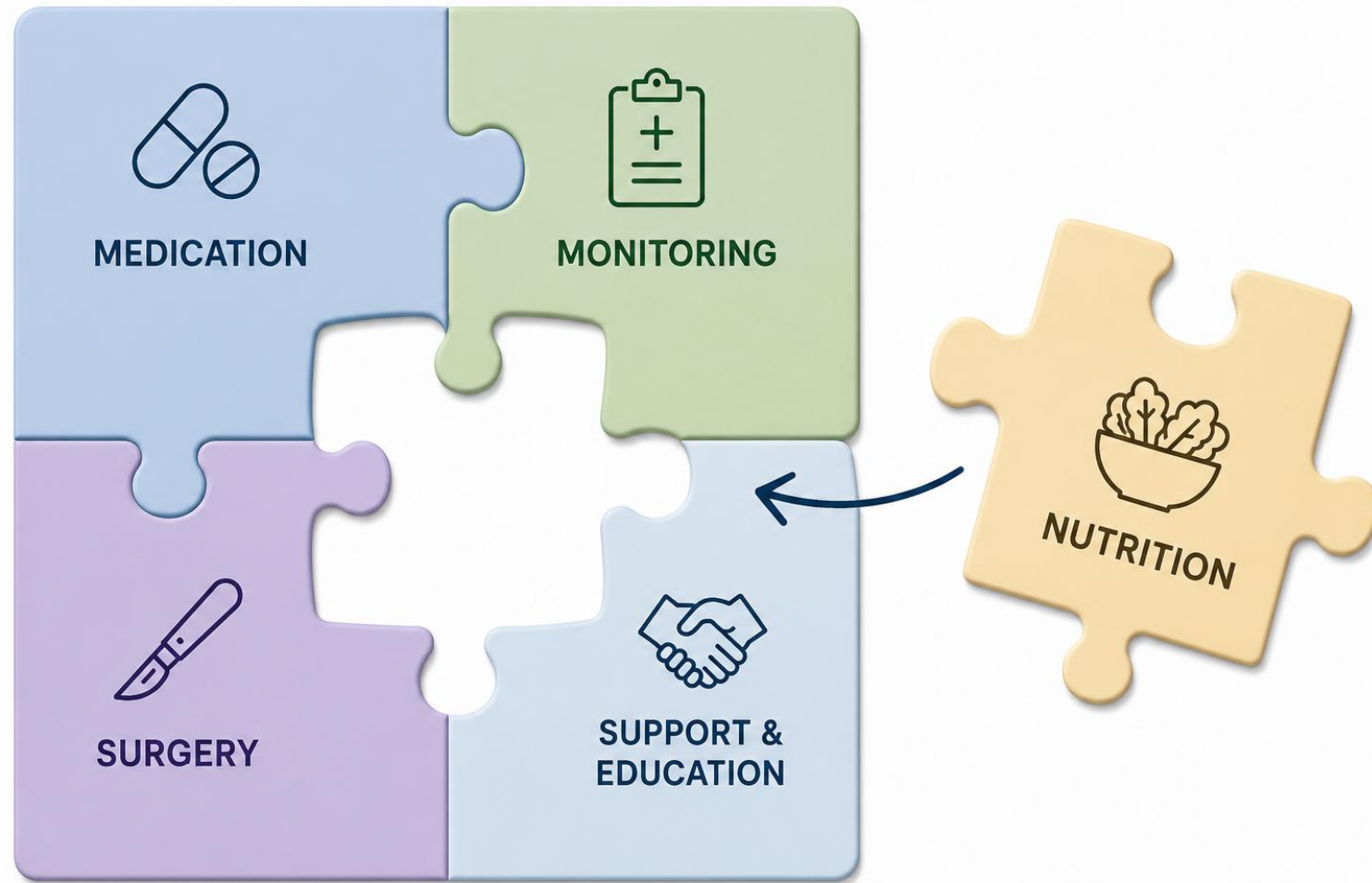
(Elizabeth Hospitals, 2026)

Causes of IBD



(Ananthakrishnan, A, 2015)

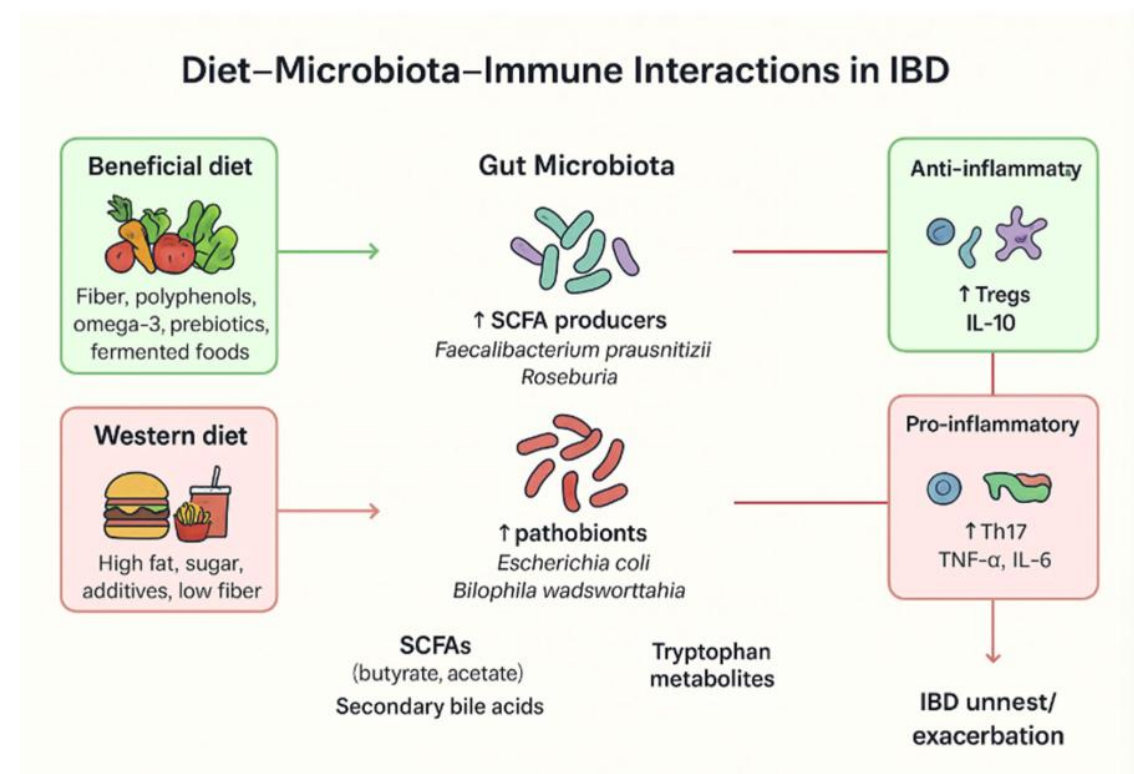
How many of your IBD patients ask what they should eat?



Why Nutrition Matters

Nutrition and diet influence:

- Gut microbial composition
- SCFA production
- Mucosal barrier function
- Immune signalling
- Nutritional status
- Symptom burden
- QoL



(Juhl *et al*, 2026)

Introducing the Patient

Male, 34

Active Ulcerative Colitis

Faecal calprotectin: 6000 µg/g

Diagnosed 9 years earlier

Current medications:

- Vedolizumab
- Budesonide
- Mesalazine



Introducing the Patient

Symptoms

5–8 bowel movements/day

BSC 4–7

Rectal bleeding

Bowel Urgency

Abdominal pain

Weight loss

Fatigue



QoL

Walking routes planned around bathrooms

Fear of eating

Social restrictions

Reduced confidence

Stress

Introducing the Patient

Diet

- Low fibre
- High red meat intake
- Limited F&V & plants
- Alcohol at weekends



Nutritional status

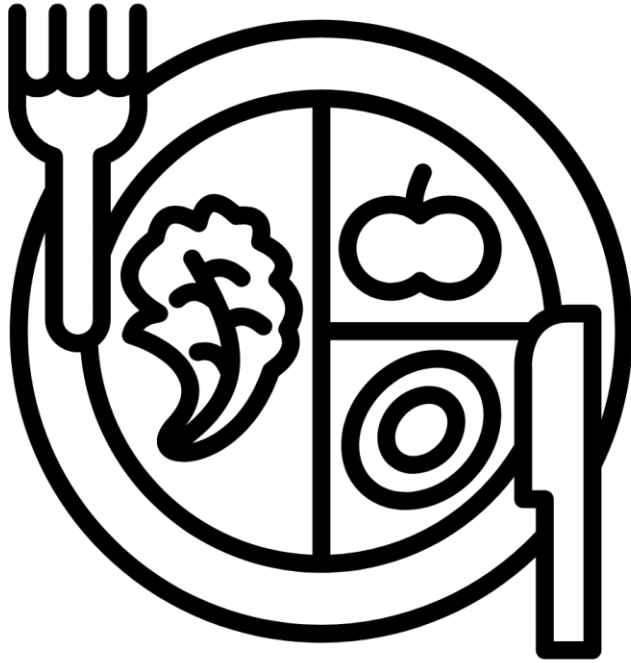
Previously diagnosed IDA – oral iron support

No recent bloods

Lifestyle

Work induced stress

Personalised Evidence-Based Interventions



In three appointments over three months:

- ✓ Nutrition education
- ✓ Increased fibre and plant diversity
- ✓ Reduced roughage during flare
- ✓ Improved meal composition
- ✓ Reduced red and processed meat intake
- ✓ Introduced oily fish
- ✓ Reduced alcohol
- ✓ Lifestyle awareness & support

Personalised Interventions

Requested from IBD team:

FBC

Iron studies

Vitamin D

Results:

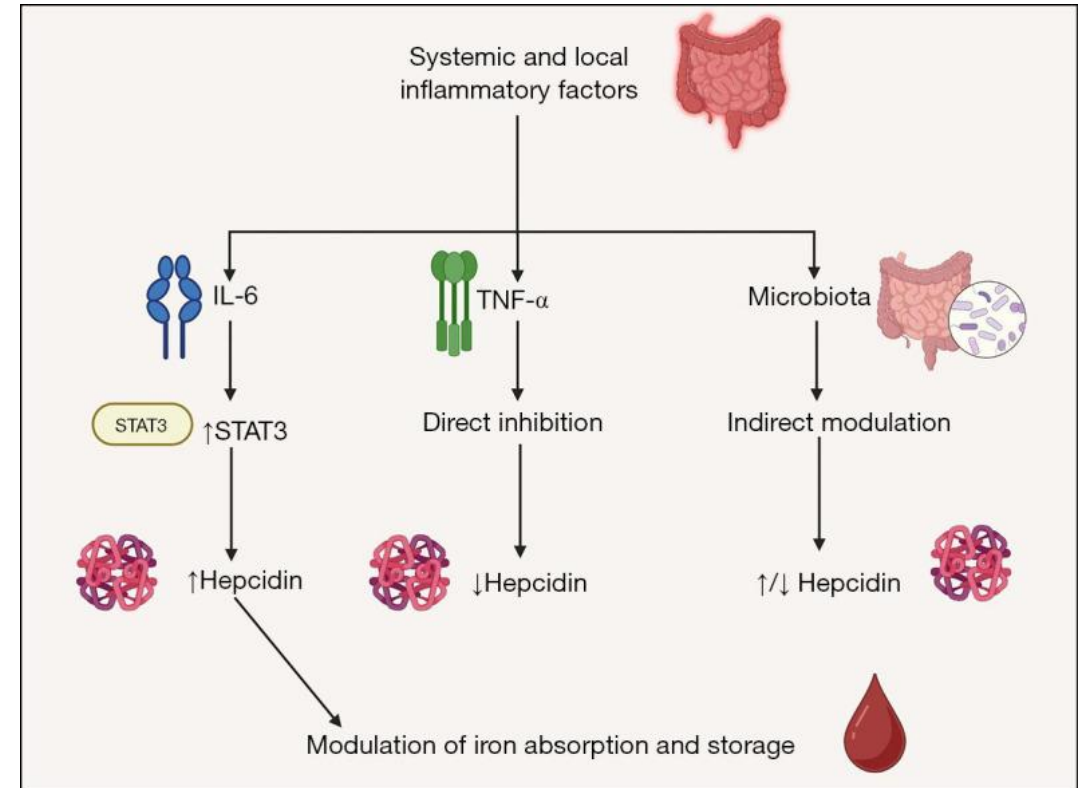
Persistent IDA

Vitamin D deficiency

Communication with IBD team:

Iron management changed from oral to IV

Vitamin D prescription



(Parreira *et al*, 2026)

Outcomes After 3 Months

Before

FC 6000ug/g

5-8 BMs/day

Urgency

Pain

Fatigue

Food restriction & fear



After

FC reduced to 1200ug/g

2-3 BMs/day

Improved consistency

Reduced urgency

More confidence leaving home

More confidence eating

Improved symptom control

Outcomes After 12 Months

Remission

No relapses

Normal bowel movements

Vitamin D corrected

Iron deficiency corrected

Fatigue resolved

Quality of life dramatically improved

Outcomes After 4 years

Still in remission

Normal biomarkers

Stable weight

No nutritional deficiencies

Medication reduced

**Consultant described disease state as:
"The best they had seen since diagnosis"**

Why Did It Work?



More Information



clemmie@nalmclinic.com



www.nalmclinic.com



@clemmieolivernutrition

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