

## List of publications

### Journals:

1. **British Dietetic Association systematic review and evidence-based practice guidelines for the dietary management of irritable bowel syndrome in adults (2016 update).**  
<http://onlinelibrary.wiley.com/doi/10.1111/jhn.12385/abstract>
2. **British Dietetic Association systematic review of systematic reviews and evidence-based practice guidelines for the use of probiotics in the management of irritable bowel syndrome in adults (2016 update).**  
<http://onlinelibrary.wiley.com/doi/10.1111/jhn.12386/abstract>
3. **Improving clinical care for patients with irritable bowel syndrome.**  
<http://www.magonlinelibrary.com/doi/abs/10.12968/bjon.2017.26.2.76>

### Articles:

1. **Gluten-free diet**  
[https://issuu.com/nhpublishingltd/docs/issue\\_108\\_app\\_file](https://issuu.com/nhpublishingltd/docs/issue_108_app_file)
2. **The low-FODMAP diet for IBS management.**  
[https://www.slideshare.net/slideshow/embed\\_code/key/MWF7xGRw4dx3bV](https://www.slideshare.net/slideshow/embed_code/key/MWF7xGRw4dx3bV)
3. **Does an unhealthy diet cause Inflammatory bowel disease?**  
[https://sites.create-cdn.net/sitefiles/27/1/5/271513/NHD\\_eArticle\\_Vol\\_3.09.pdf?utm\\_source=Email+Campaign&utm\\_medium=email&utm\\_campaign=10491-293735-NHD+eArticle+with+CPD+Vol+3.09](https://sites.create-cdn.net/sitefiles/27/1/5/271513/NHD_eArticle_Vol_3.09.pdf?utm_source=Email+Campaign&utm_medium=email&utm_campaign=10491-293735-NHD+eArticle+with+CPD+Vol+3.09)

### Media coverage:

1. **Bloated and tired? Why feasting on too much fruit could be to blame.**  
<http://www.dailymail.co.uk/health/article-3115921/Bloated-tired-feasting-fruit-blame.html>