



Pathophysiological Model of IBS/DGBI

KEY POINTS:

- The 2 main problems are a 'sensitive' gut / digestive system and a 'sensitive' pain centre in the brain.
- It is a 'software' communication issue between the gut and brain.
- Stress and food are not the cause but the irritants.
- This is not 'all in your head'.
- Psychological therapies have been proven to help.