

The colon, also known as the large intestine, is crucial for the digestive system, absorbing water and salts, and storing waste. Research indicates that 60% of cases worsen their symptoms after eating certain foods that cause irritation of irritable bowel syndrome, and therefore using nutrition and lifestyle strategies greatly helps in controlling and managing intestinal symptoms, improving quality of life, and improving the health of the digestive system. Consuming certain foods that cause irritant symptoms can worsen symptoms, requiring nutrition and lifestyle strategies. It is estimated that 12.1% of the world's population suffers from this syndrome, and the prevalence varies greatly between countries due to differences in diet, culture, and diagnosis. Irritable bowel syndrome, a chronic disease, affects 12.1% of the world's population and significantly impacts bowel function and abdominal pain.