

## **A Low Starch Diet Significantly Reduces Pain For Many Chronic Inflammatory Arthritic Sufferers**

*Professor Alan Ebringer of Kings College London has announced that his research confirms that many patients with IBS, ankylosing spondylitis (AS) and Crohn's disease can experience dramatic pain reduction by adopting a low starch diet.*

**June 15, 2007** - [PRLog](#) -- Pain reduction for chronic inflammatory arthritic sufferers by adopting a low starch diet

has now been scientifically confirmed by Professor Alan Ebringer of Kings College London.

Patients who have irritable bowel syndrome (IBS) ankylosing spondylitis (AS) and Crohn's disease can now try reducing starch in their diet as an adjunct to traditional drug treatment for pain relief.

Professor of Immunology, Alan Ebringer of Kings College London now believes that the use of a "low starch diet" for people who suffer from "irritable bowel syndrome", backache and ankylosing spondylitis provides a long awaited answer to repeated questions asked by patients who suffer from these all too common disorders.

Professor Alan Ebringer recommends the book "The IBS Low Starch Diet" as an excellent resource for patients wishing to try the diet and he has written the foreword to the book recently released by Random House in UK.

Carol Sinclair who devised the diet and adapted over 200 recipes suffer from IBS for the majority of her life. She began the low starch diet 20 years ago and is living proof that it works.

Professor Ebringer says: "Many patients receive a plentiful supply of drugs which may reduce their symptoms but always ask: "Doctor, what can I do to help myself? Could a diet help me?"

Carol's book provides a clear and explicit answer to these questions as well as a simple and practical dietary method by which patients can help themselves.

With "IBS", "AS" and Crohn's disease affecting well in excess of 10% of the population the benefits of trying the "low starch diet" are well worth the effort.

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Carol Sinclair's the author of the book "The IBS Low Starch Diet" is published in UK by Random House and in Australia and New Zealand by Ninox Publishing. World-wide rights are managed by Media Management.

Website: [lowstarchdiet.net](http://lowstarchdiet.net)

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