

## Resource Review: Digestion, Diet, and Disease

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**Digestion, Diet, and Disease**  
**Irritable Bowel Syndrome and Gastrointestinal Function**  
**Written by J. M. Vickerstaff Joneja, PhD, RDN**  
**Published by Rutgers University Press,**  
**(<http://rutgerspress.rutgers.edu>), 2004**  
**Pp: 393; Hard cover; US \$75.00**  
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*Digestion, Diet, and Disease* would be a very valuable textbook for health care professionals specializing in gastrointestinal disorders and food allergy.

The textbook brings together a wealth of information regarding irritable bowel syndrome and functional bowel disorders. The very interesting and important function of intestinal mucosal immunity is explored. In particular, the role of intestinal inflammation and abnormal fermentation in the development and continuation of irritable bowel syndrome is thoroughly discussed. To the reviewer's knowledge, no other textbook brings this information together and, therefore, the content appears to be unique. Entry-level dietitians would understand the information and glossary.

The author has developed a diet for irritable bowel syndrome, which proposes to minimize intestinal inflammation and abnormal fermentation. The diet was developed through many years of the author's observations in the Allergy Nutrition Clinic at Vancouver General Hospital. The diet therapy includes an elimination diet period (foods that may promote inflammation and abnormal fermentation are restricted) and food challenges (restricted foods are reintroduced one at a time). The elimination diet is restrictive and many food challenges are required, so clients would need to be highly motivated to adhere to the diet therapy. Extensive meal plans and recipes are provided. The rationale for each of the food restrictions is listed.

Dr. Vickerstaff Joneja highlights very important information that is often overlooked in the discussion regarding the pathogenesis of irritable bowel syndrome. There is a tremendous need for more money to be dedicated to researching the role of dietary manipulation in irritable bowel syndrome and functional disorders.

*The conclusions, findings and opinions expressed here are those of the individual reviewer.*

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