



DR. RACHEL PAULS BIO



Dr. Rachel Pauls, founder of Rachel Pauls Food, is a board-certified surgeon, a mother of three and a mission-driven entrepreneur.

While thriving in her medical practice and establishing herself as an internationally renowned lecturer and researcher, Dr. Pauls embraced a new challenge after following a low-FODMAP food plan, based on foods that do not trigger gas, bloating, diarrhea and constipation, to eliminate her own symptoms of Irritable Bowel Syndrome. She has now embarked on a mission to raise public awareness of FODMAPs and to offer delicious, healthy, natural low-FODMAP foods to those who experience digestive discomfort.

Dr. Pauls' leadership and vision has resulted in the first known lab test in North America capable of analyzing food for FODMAP content; the creation of the Dr. Rachel Pauls Low-FODMAP Seal of Approval; and the launch of a line of low-FODMAP products, starting with Happy Bars energy bars.

Dr. Pauls completed her residency training in Obstetrics and Gynecology at Washington University School of Medicine in St. Louis and her fellowship training at Good Samaritan Hospital in Cincinnati. Dr. Pauls has been a faculty member of the Obstetrics and Gynecology program at TriHealth since 2006 and the Fellowship Director for the Female Pelvic Medicine and Reconstructive Surgery Division since 2013. She has published over 70 journal articles and book chapters, which have been cited hundreds of times in other academic publications. Her research has been presented at over 80 meetings worldwide, and she has been honored with numerous awards. Dr. Pauls was an American College of Obstetricians and Gynecologists Mentor of the Year in 2012, in recognition of her preeminent role in teaching and training aspiring physicians and surgeons.

About Rachel Pauls Food

Dr. Rachel Pauls founded Rachel Pauls Food to help people more easily manage their digestive issues and live healthier, happier lives. A physician, mother of three and mission-driven entrepreneur, Dr. Pauls follows a low-FODMAP food plan to eliminate her own symptoms of Irritable Bowel Syndrome. FODMAPs are carbohydrates that can trigger gas, bloating, cramping, diarrhea and constipation. In search of a great-tasting, low-FODMAP energy bar, Dr. Pauls utilized her medical, research and baking skills to create Happy Bars, which contain less than 0.5 grams of total FODMAPs per serving. She also worked with a lab to develop the only known North American lab test capable of analyzing food for FODMAP content, and created the Dr. Rachel Pauls Low-FODMAP Seal of Approval. Happy Bars can be ordered online with free delivery nationwide in the United States. For more information, visit rachelpaulsfood.com.

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