



DR. RACHEL PAULS BIO



Dr. Rachel Pauls is a world-renowned surgeon and researcher. She also has irritable bowel syndrome (IBS).

In 2013 Dr. Pauls discovered the low-FODMAP diet and uses it to successfully eliminate all her own IBS symptoms. FODMAPs are carbohydrates that are difficult to digest. They can trigger symptoms such as gas, bloating, diarrhea and/or constipation. Medical research indicates that the low-FODMAP diet is the most effective treatment for IBS. Dr. Pauls is a healthier and happier person because of the low-FODMAP diet.

In 2016 Dr. Pauls founded Rachel Pauls Food a leading maker of certified low-FODMAP food. The company's mission is to bring a wide variety of delicious low-FODMAP convenience food to everyone. Its brands include Happy Bars (certified low-FODMAP energy bars) and Happy Jerky (certified low-FODMAP beef jerky) with several other brands under development. All the company's products are certified

with the Dr. Rachel Pauls Low FODMAP Seal of Approval following extensive analysis by an independent food testing laboratory that utilizes a FODMAP testing process designed by Dr. Pauls.

Dr. Pauls completed her residency training in Obstetrics and Gynecology at Washington University in St. Louis and her Urogynecology fellowship training at Good Samaritan Hospital in Cincinnati. Dr. Pauls has been Fellowship Director for the Female Pelvic Medicine and Reconstructive Surgery Division of Trihealth since 2013. She has published over 80 journal articles and 6 book chapters, which have been cited hundreds of times in other academic publications. In addition, in 2017 Dr. Pauls published "Your Happy Gut Guide" a free online low-FODMAP guide written in plain English that is extensively utilized by dietitians, patients and others seeking to follow a low-FODMAP diet. Her research, including FODMAP research, has been presented at over 85 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

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