

## CWSF 2008 - Ottawa, Ontario



### Emily Ross

#### Diet Dilemma with Irritable Bowel Syndrome

**Division:** Life Sciences / None

**Category:** Junior

**Region:** Prince Edward Island

**City:** Charlottetown, PE

**School:** East Wiltshire School

**Abstract:** The aim of the project was to determine a suitable alternative to replace medication to alleviate symptoms of Irritable Bowel Syndrome, (or IBS). The question posed was "Which types of foods digest easier in the colon?". My aim was to create a diet to help control IBS. The testing consisted of soaking selected foods in vinegar solutions, which acted as the gastric acids.

#### Biography

My name is Emily Ross. I am 13 years of age and I attend East Wiltshire Intermediate School in PEI. I am in a grade 8 late immersion program, and I have been since grade 7. I enjoy many sports and I am involved in karate and field hockey. I participate in intermural and I play percussion in the grade 8 school band. I enjoy listening to music and being active. I enjoy all water sports, and I love to knee board, boat and swim. I also enjoy the outdoors and I love to go camping and hiking in the summer. In the future I am aiming to be a gastrologist and open my own clinic. I am interested in biology, health and math.