

IBS DietAdvisor

TEAM MEMBERS:

Mairah Nisar
Nafia Aamir

Problem Statement

- IBS affects the large intestine, causing symptoms like abdominal pain, cramping, bloating, gas, and altered bowel habits (constipation, diarrhea, or both), significantly impacting quality of life.
- Beyond physical symptoms, IBS can also have a substantial emotional and psychological impact.
- IBS DietAdvisor provides solution for Managing IBS through diet and lifestyle

Solution

- IBS DietAdvisor will manage your diet make workout plan for you, It makes routines for you and give you a complete guide.
- You will have:
 - Personal chat assistant .
 - Healthy recipes.
 - IBS Complete Guide.

Key Features

- Chat Assistant: Personalised diet plans and routines.
- Article: Informative content related to managing IBS.
- Recipes: IBS-friendly recipes like smoothies and salads.

Technologies Used

- HTML,CSS,bootstrap for frontend
- Bot press to develop chatbot.
- JavaScript for interactivity.

Conclusion

- Through IBS DietAdvisor people who are suffering from IBS can have a great benefit.
- They can have a healthy lifestyle which will help them to overcome IBS.