**Beat IBS Critique Reflection**

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In this project, I critically reviewed the book beat IBS by Hilda Glickman. The purpose of this systematic review was to see just how much research has been done on irritable bowel syndrome and digestive problems in relation to ultra-processed and unprocessed foods by identifying, appraising, and synthesizing all relevant data.

I used PubMed and Google Scholar to conduct research on my topic. Key search terms for research included “irritable bowel syndrome” AND “processed food”, “irritable bowel syndrome” AND “western diet”, and “processed food” AND “gut health”. I was careful to use research that was conducted within the last 5 years and had no connection to the author of the book. The final papers were put into an evidence table to Compare and Contrast studies.

This was the hardest project I’ve ever worked on. As a result of this experience, I learned so much about the process of reviewing literature and putting together a paper of this kind. Reading other systematic reviews and seeing how other researchers created their papers was such a valuable insight into the process of conducting systematic reviews. Afterwards, critically analyzing each research paper using the Quality Criteria Checklist (QCC) for reliability and validity was interesting. Overall, it was incredibly overwhelming but also very rewarding.