

WHAT IS IBS?

WHAT IS IRRITABLE BOWEL SYNDROM (IBS) AND WHAT ARE THE SYMTOMS?

IBS is a common intestinal disorder – oftentimes called colitis, or spastic colon/bowel. However, these terms are not accurate. IBS is characterized by a great deal of abdominal pain, cramps, gas and bloating, painful constipation or diarrhea. The affects of IBS can be anywhere from mildly annoying to disabling.

WHAT CAUSES IBS?

It is not known exactly what causes this disease, though the most likely causes appear to be diet and stress. The colon muscle of someone afflicted with IBS begins to spasm after only a mild stimulation as the colon is more sensitive and reactive than it would be in someone who did not suffer from IBS. Certain medicines and foods may trigger spasms in some cases; the spasm can delay the passage of stool and this, in turn leads to constipation. It is also believed that stress can sometimes worsen IBS symptoms, along with chocolate, milk products, alcohol and caffeine.

HOW DOES DIET AND STRESS AFFECT IBS?

Most people report that their symptoms occur following a meal or whenever they are under stress. It is known that fat (animal or vegetable) is a strong stimulus of colonic contractions after eating and someone suffering from IBS may experience symptoms due to the sensitivity of the colon muscle. Therefore, for many people suffering from IBS, it is vitally important that they follow a healthy diet. In addition, it is recommended they keep a journal noting the foods that cause distress and discuss theses findings with their doctor. If, for instance, dairy foods appear to cause symptoms, then another source of calcium would be needed if these foods are eliminated. In addition to fat, consuming large meals can sometimes cause cramping and diarrhea. Symptoms may be eased by eating smaller meals that are low in fat and high in carbohydrates such as rice, whole-grain breads and cereals, fruits and vegetables.

Dietary fiber is thought to lessen the symptoms of IBS. Good sources would include whole grain breads and cereals, beans, fruits and vegetables. However, it is recommended that you check with your health care practitioner before using a fiber supplement as high intake of fiber can cause bloating. Oftentimes, these symptoms often disappear as your body adjusts to the diet.

CAN MEDICINES RELIEVE IBS SYMPTOMS?

Unfortunately, there exists no standard way of treating IBS, though your doctor may prescribe fiber supplements or laxatives depending on whether you suffer from constipation. Some doctors prescribe antispasmodic drugs and antidepressant drugs for patients who are depressed.

HOW DOES COLON HYDROTHERAPY HELP WITH IBS SYMPTOMS

Many people suffering from the affects of IBS experience noticeable relief from their symptoms through colon hydrotherapy. Following the advice from the best-seller, "Natural Cures" some felt like a new person within a relatively short time. They also reported their headache, bloating, depression and fatigue were gone.

Cleansing the colon, along with a good probiotic, can help sooth irritation of the bowel and can assist you in the detoxification process.

**For further information, contact
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