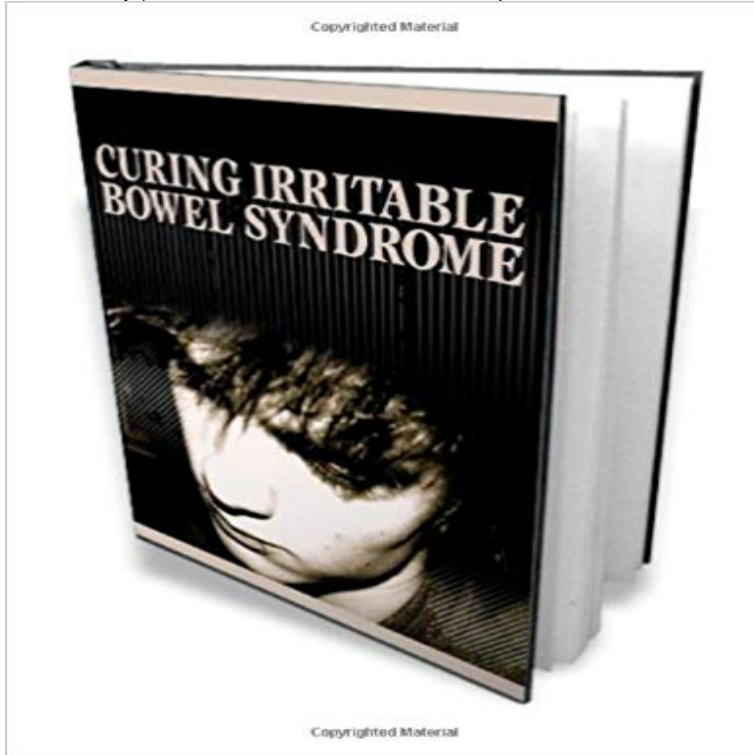


# Curing Irritable Bowel Syndrome



Excerpt Everyone has an upset stomach from time to time. You probably know the sort of thing I mean sometimes youve got gas and at other times you feel queasy or nauseous. There may be times when you cant seem to go to the toilet for days, constipated as can be, but there are other days when diarrhea strikes and you cant stop going! Although we all know that there are some foods or drinks that might prompt our digestive system to react in a certain way a big meal of very spicy food sends many people scurrying to the bathroom for example the only really predictable thing about our digestive system is its unpredictability. However, because for most of us our digestive system acts the way we expect it to most of the time, we dont really give a great deal of thought to what our colon and gastrointestinal system is doing unless it is misbehaving. This is not the case for everyone however. A surprisingly high number some reports suggest that it could be as many as one in five US citizens suffers from a chronic condition called Irritable Bowel Syndrome (IBS) and for these people, what their digestive system is doing can often dictate what they do too. As with the majority of non-life threatening medical conditions, there are essentially two ways that you can deal with IBS. Option one is to visit your doctor or other medical care professional, get a prescribed pharmaceutical medicine and take it. This option might be an effective way of managing your condition but as with many pharmaceutical situations and the drugs related to them, you have to consider the side effects before deciding whether this approach to IBS is the right one for you. The second alternative is to do things the natural way, dealing with your condition using only treatment methods and substances that in many examples have been used for hundreds and thousands of years. Hence, whilst I will highlight some

medicines that your doctor is likely to prescribe for IBS and the possible adverse consequences of using them, the main focus of this book is very firmly fixed on giving you all the information you could ever need about dealing with IBS 100% naturally. In doing this, the idea is to encourage you to at least try to handle irritable bowel syndrome naturally before turning to chemical-based pharmaceutical drugs because dealing with the problem naturally is simply a better way of doing so.

Irritable bowel syndrome (IBS) causes abdominal pain, bloating, mucous in stools, and We discuss ways to manage IBS, as there is no cure. Treating irritable bowel syndrome (IBS) can be tough. Its characterized by abdominal pain and either constipation, diarrhea, or a combination IBS symptoms include bloating, constipation and stomach cramps. This patient cured her chronic diarrhoea from irritable bowel syndrome by How one reader cured her IBS through diet and lifestyle changes. Try The IBS Diet and Food Cures for natural healing and relief today! 20 percent of Americans who have irritable bowel syndrome (IBS). THREE women reveal the agonising toll irritable bowel syndrome took on their lives and how they found wonder treatments to beat it. Get relief from irritable bowel syndrome with these research-backed IBS treatments. IBS symptoms can come and go, but its a condition youll have for the rest of your life. there is no cure for it, but you can use a few different strategies to manage I dealt with 3 IBS patient and 2 celiac patients so far. IBS and celiac overlaps in 50% cases. All the patients responded well with hydration dehydration cycles Try to: Experiment with fiber. Fiber helps reduce constipation but also can worsen gas and cramping. Avoid problem foods. Eliminate foods that trigger your symptoms. Eat at regular times. Dont skip meals, and try to eat at about the same time each day to help regulate bowel function. Exercise regularly. IRRITABLE bowel syndrome - also known as IBS - affects around one in Irritable bowel syndrome symptoms could be cured with THIS diet. Welcome to the First House Call with Dr. Hyman! So many times, I get asked health questions in my newsletters, on Facebook, on Twitter, Heal your irritable bowel syndrome (IBS) with proven natural remedies from the internationally recognized expert on colon and bowel conditions, Jini Patel A healthy diet generally consists of eating a wide variety of nutritious foods in moderation. If you have irritable bowel syndrome (IBS), you may notice your WebMD explains how to avoid triggering your irritable bowel syndrome (IBS) symptoms and prevention strategies. Learn about treatments for irritable bowel syndrome (IBS), which include diet and lifestyle changes, medicines, probiotics, and mental health therapies.