

*Natural  
Irritable Bowel  
Syndrome  
Relief Secrets*

# Congratulations!

You have resell and master resell rights to this publication.

You can freely distribute it in any way you wish as long as it remains unaltered.

You may also sell it at any price you wish, by any media and may pass on resell rights to anyone you wish.

[Click here for more information on Natural Irritable Bowel Syndrome Relief](#)

## Copyright

All Information in this document copyright

You are granted distribution rights as shown above to this document providing it remains unaltered.

Violators will be prosecuted to the fullest extent of the law.

## Disclaimer

**If you suspect you are suffering with IBS, you should first consult your primary care physician before taking other steps.**

Stonham Publishing assumes no responsibility for the use or misuse of this product as a direct or indirect result of using this report. Whilst it is our view that the techniques discussed are perfectly safe, if in doubt, you should contact your doctor or other qualified professional before undertaking any of the methods described in this report.

All trademarks acknowledged.

## Table of Contents

Coping with Constipation caused by IBS.....	4
Diagnosing IBS: The Most Common Symptoms.....	6
Curing IBS With A Change In Diet.....	8
IBS Syndrome Explained.....	9
The Most Effective IBS Treatment Procedures.....	11

## **Coping with Constipation caused by IBS**

Irritable Bowel Syndrome with constipation is a treatable medical condition. It is characterized by recurring abdominal pain and discomfort, and bloating along with constipation.

IBS with constipation is common to a number of people. Getting accurate information on what causes IBS with constipation may help in improving the condition. It is also recommended to seek medical assistance from doctors who specialize in this type of disorder.

It is not really clear why some people develop IBS with constipation while others do not. IBS with constipation can be caused by a sensitive, slow working gastro-intestinal tract, which causes abdominal pain, bloating and constipation. This was thought to be due to the way the gastrointestinal tract reacts to the changes in serotonin. Serotonin is a natural occurring chemical in the body that plays an important role in making the gastrointestinal tract function normally.

IBS with constipation may also be affected by diet and disease. Most constipation cases are due to insufficient fiber as well as inadequate fluids in the diet. Fibers are important since they help to soften stools, and water or fluids help to flush stools through the body.

Diet is partially to be blamed for the occurrence of constipation especially for people over 65 years old. Constipation occurring in people in this age range is due to medications, poor diet, and lack of water intake, as well as poor muscle tone.

Teenagers or younger people are also at risk of IBS with constipation; in fact, a great number of young people are suffering from irregular bowel movement. They also experience bloating and abdominal pains. Another factor that contributes to IBS constipation is traveling since most people who are traveling tend to suppress the urge to go to the bathroom. There are also some cases where some people just can't have a bowel movement in bathrooms that are not familiar to them.

There is still no specific cure for IBS with constipation however there are proper treatments for the symptoms that goes with it. Bowel habits may also be stabilized to diminish abdominal cramping as well as lessen the pain associated with bowel movements.

For symptoms that are transient and only happen occasionally, no special treatment may be needed. However, for those who have persistent and chronic symptoms special treatment may be needed. There is no specific therapy that can resolve all symptoms in patients. However, some treatments may prove to be effective in treating symptoms of IBS with constipation.

The first treatment calls for lifestyle changes. This means recognizing and dealing better with stress. Take some time to relax, sleep, and exercise. The diet for IBS entails for

eating smaller amounts of food more frequently. This may help in alleviating symptoms of IBS. Eating foods that are low in fat and high in carbohydrates is also beneficial to keeping a healthy intestine.

Fiber in diet is also excellent in controlling IBS with constipation. The dietary fibers are known to add bulk to the stool creating stools that are much larger and much softer making bowel movements easier and less painful.

Medications are applied for patients that have severe and recurrent symptoms of IBS with constipation. Nevertheless, medications like treatments need to be customized to suit various needs of the patient since different patients tend to respond differently with various medications.

Psychotherapy is also applied to some IBS cases since stress sometimes affects bowel movement. Psychotherapy can provide assistance in coping with chronic illness and uncovering emotional triggers that may be present.

If you'd like to find out more about relieving your IBS naturally, [check out this web site](#).

## Diagnosing IBS: The Most Common Symptoms

What is IBS?

IBS or Irritable Bowel Syndrome is a type of functional gastrointestinal disorder. It affects 10 to 20 percent of people. It is a chronic or long-term condition affecting the small or large bowels. IBS can cause pain and discomfort and distorted bowel habits. A substantial amount of patients visit physicians for gastrointestinal complaints. Some patients have extensive anxiety regarding factors that causes IBS. Physicians use a confidential diagnosis as an initial and crucial step to provide patients a clear explanation, an effective treatment and therefore reducing the patients' anxiety. IBS must always be diagnosed by a physician. Patients with IBS are usually diagnosed after exhibiting structural or biochemical abnormalities. Physicians consider the differential possibilities from the signs and symptoms observed and given by the patient in order to obtain a positive or negative diagnosis for IBS.

The foundation of the diagnosis is a detailed history and a complete physical examination of the patient. Laboratory examination of blood and stools and endoscopic procedures are often times used to rule out disease. This procedure is essential because the main concern of patients and doctors is to rule out possibilities like inflammatory bowel disease or colon cancer. The fact that patients under the age of 40 are easily diagnosed with IBS are significant in identifying symptoms which are usually discovered during history taking and observance of abnormal signs during physical examination of the patient.

The key factor in diagnosing IBS is making the patient describe the symptoms that he or she is experiencing. The symptom criteria for the diagnosis of IBS have been developing since 1978 when a researcher named Adrian Manning and his colleagues proved the usefulness of positive symptoms or Manning criteria to identify patients with IBS from patients with organic diseases. A physician who suspects IBS uses the Manning criteria which are used by many physicians all over the world since 1978 dating back to when the Manning criteria was published.

The Manning criteria is composed of 6 symptoms; first is visible abdominal distention; second is relief of pain with or after bowel movement, third is more frequent bowel movement with the onset of pain, fourth is loose stools at onset of pain, fifth is passage of mucus via the rectum, and the sixth is feeling of incomplete evacuation. If a patient experiences the first four symptoms, he or she is likely to suffer from IBS. The last two symptoms are often experienced by IBS patients, though they are not as typical for IBS as the first four.

Then in 1988 gastroenterologists in Rome held an international consensus meeting, they further specified the criteria for IBS. In 1999 these criteria were revised and now called Rome II criteria. At present, they form the standard diagnosis of IBS. In the Rome II criteria, the symptoms that cumulatively support the diagnosis of IBS are as follows; first is abnormal stool frequency. Second is abnormal stool form, wherein stool may be lumpy or

watery, and a diagnostic aid called Bristol stool form scale or the BSF-Scale is used to classify the stool form into seven groups because the stool's form depends on the time it spent in the colon. A correlation between the colonic transit time and the BSF type is obtained. Third is the abnormal stool passage, maybe straining, and urgency or there is a feeling of incomplete evacuation. Fourth is the passage of mucus, and fifth is bloating or feeling of abdominal distension.

There are steps you can take to relieve your irritable bowel syndrome naturally, [find out more on this web site](#).

## **Curing IBS With A Change In Diet**

A cure for IBS has yet to be found, but its symptoms can be managed by a change in diet. A person can also manage the symptoms by reducing his or her stress and of course with medication. Each person has different trigger foods that can cause IBS symptoms. Physicians often observe that patients are relieved knowing that these symptoms are not signs of a major disease.

People should be aware of diet changes that could prevent IBS from getting worse. First they should know the foods to avoid. Examples of the foods that may cause the symptoms to become worse are food high in fat like deep fried foods, milk and dairy products like cheese or yogurt, chocolates, alcohol and caffeine which is normally found in coffee and carbonated drinks. If these foods cause the symptoms of IBS, people should minimize their intake or even better refrain from eating them. For people to find out which food products are causing their symptoms they should monitor what they eat and keep a log of food intake during the day, what symptoms are experienced, what time these symptoms occurred, and what food makes you feel bad every time you eat it. Then take your notes to your physician for them to be able to know which food you should refrain from eating.

There are also foods which are advisable for people with IBS to eat; these are foods that contain fiber. Fiber reduces the symptoms of IBS especially constipation. Fiber makes the stool soft, bulky and makes the stool easy to pass. Fibers can be found in foods like bran, bread, cereals, beans, fruits, and vegetables. Bread that contains fiber is whole-grain bread; whole-grain cereal, beans fiber can be found in kidney and lima beans, the fruits that contain fiber are apples and peaches, and the vegetables that contain fiber are broccoli, raw cabbage, carrots, and raw peas.

Adding these foods to your daily diet gradually helps your body adjust to them. Aside from advising people to eat more foods with fiber, physicians sometimes tell the patient to get more fiber by either taking a fiber pill or mixing a high fiber powder into drinking water. But, be aware that too much fiber all at once might cause gas and can actually trigger the symptoms of IBS.

How much a person eats during the day also matters. Large meals can lead to cramping and diarrhea. If this happens, change your meals and eat four or five small meals a day instead. If you don't want to do this or it won't fit in with your schedule stick to three meals a day, reducing the quantity you eat.

[Click here to get a free newsletter dedicated to treating IBS.](#)



## **IBS Syndrome Explained**

Irritable Bowel Syndrome or IBS is a disorder of the gastrointestinal tract that results to recurrent upper and lower gastrointestinal symptoms. The most common symptoms of IBS include abdominal pain and altered bowel movement such as constipation, diarrhea or both.

There is still no clear cause of IBS that is why it is termed as a functional disorder since there are no signs in the bowel and yet changes are observed from its previous functional quality. Irritable Bowel Disorder may cause a great deal of discomfort and distress but will not result in permanent harm to the bowel and does not increase chances of cancer.

The good news with IBS is the fact that it can be cured by means of diet and medication. Irritable Bowel Syndrome can happen during any period of one's life. The exact cause of IBS is not yet fully known however similar conditions in children have been observed and are believed to be the portent of adult IBS.

Some factors like emotional conflict or stress tend to aggravate IBS symptoms but research findings have shown contrasting results. Emotional conflicts are no longer accepted as factors that cause IBS.

In addition, studies also show that patients with IBS tend to develop overly sensitive bowels compared to those without IBS. It has been observed that patients with IBS even with minimal stimulation may easily distress their intestinal muscles. Accordingly, patients with IBS may strongly react to a stimulus that does not normally aggravate the bowels of a normal healthy individual.

Ordinary occurrence in the large intestines such as eating or gas production may have adverse effect on the colon of an IBS patient. Certain medications as well as food may trigger IBS symptoms. Most of the foods that trigger IBS symptoms are chocolates, fatty foods, dairy products as well as grain containing products and even alcohol may aggravate and then trigger IBS symptoms.

Caffeine may have laxative effects to some, but for IBS patients it is just one of those products that offend their digestive tract. Likewise, IBS is predominant to women with menstrual periods since reproductive hormones are believed to influence the course of IBS.

There are two types of IBS and these are diarrhea-predominant IBS and constipation-predominant IBS. These two types of IBS suggest that chronic diarrhea and chronic constipation may be examined through the bacteria derived from bowel samples. And since metronidazole and vancomycin (both antibiotics) are effective in reducing diarrhea and constipation IBS, it is a clear indication that an overgrowth of bacteria in the bowel flora may actually cause IBS. Likewise, progressive nerve damage can develop and is exhibited by some patients with chronic constipation.

It is really hard to pinpoint normal a bowel movement since various people have their own normal frequency. There may be some people whose normal bowel movement involves three stools a day while others may move their bowels everyday upon waking up. A healthy bowel movement is one that is formed but not hard, contains no blood and flushes out of the colon without unnecessary cramps or pain.

Find out [more information Natural Irritable Bowel Syndrome Relief here](#).

## **The Most Effective IBS Treatment Procedures**

IBS is short for Irritable Bowel Syndrome. IBS includes abdominal pain, diarrhea and constipation. These symptoms are commonly experienced by almost everyone at some point and that is why they are sometimes taken for granted even when they frequently occur. But recurring symptoms are not normal and they may signal Irritable Bowel Syndrome.

Symptoms of Irritable Bowel Syndrome or IBS are treatable especially when signs or symptoms are detected early. The diagnosis conducted at present for IBS is currently based on a pattern of symptoms that are sourced from an established criteria, in combination with a detailed history, a physical examination and tests that rule out other identifiable causes.

Primary care practitioners rather than specialists usually treats most patients for mild IBS symptoms since it does not require frequent doctor visits, and usually patients with mild IBS are still capable of living a normal life complete with their usual day-to-day activities. The treatment for IBS or Irritable Bowel Syndrome is geared toward education, reassurance and achievement of a healthier lifestyle even if a patient is undergoing medical treatment.

Drug therapy is ideal for patients with mild to severe symptoms which do not respond favorably to physician counseling and even to dietary changes. Nevertheless, new treatments for IBS have been developed and have shown remarkable capabilities in treating multiple symptoms of IBS.

For most IBS patients the start of successful treatment requires effective diagnosis that begins with the recognition of the validity of symptom complaints. A physician or care provider can help a patient to achieve the best possible results for treating IBS. Moreover, patients should have a close relationship with their doctors and must provide all necessary information that will help in the treatment. And once a diagnosis is made it will be easier to develop a treatment plan that will be an effective cure for symptoms of IBS.

The symptoms of Irritable Bowel Syndrome varies from person to person that is why it better to provide custom made treatment plan for each patient since various patients respond in a different way to treatments.

For many people, eating a healthy diet and avoiding foods that trigger symptoms of IBS is a good way to start treatment. Registered dieticians may also help in creating appropriate dietary changes and supplements that are geared to encourage healthy bowel movements.

The effectiveness of a treatment regimen will be judged according to how efficient it has been in controlling as well as eliminating the symptoms of IBS. There are various psychological methods that are used to treat IBS symptoms. These methods have been tested complete with formal research studies, biofeedback, cognitive therapy,

psychodynamic therapy and hypnosis treatment. However, it is still not clear which among these treatments have been proven the most effective in treating IBS.

The most effective IBS treatment procedure is one that effectively cures symptoms of IBS without the side effects. But, as different patients respond diversely to treatments it can be a case of trail and error to find the one that suits you best.

Find out [how to relieve your IBS naturally here](#).