

NATURAL REMEDIES FOR IRRITABLE BOWEL SYNDROME (IBS)



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According to WebMD, a trusted medical website, there are around 58 million people who suffer from irritable bowel syndrome, also commonly known as IBS.

If you are one of those people or if you suspect that you might be, you may be plagued with cramping, bloating, constipation, and belly pain.

If you suspect that you are suffering from IBS, a visit to your healthcare provider is advised.



This is important as the symptoms of IBS can sometimes be caused by another complicated medical problem. With that said, even if you are diagnosed with having IBS, there is a good chance that your doctor will recommend a number of natural remedies for treatment.

As previously stated, many healthcare professionals recommend natural remedies for irritable bowel syndrome (IBS). Many are surprised by this fact.

Of course, medications, such as antidepressants and antidiarrheals may be prescribed, but most find the greatest relief with natural remedies, as well as lifestyle changes.



This is a fact that many professional healthcare providers are well aware of.

Nutrition

Modifying your diet is an easy and natural way to manage irritable bowel syndrome (IBS).

Healthy foods are a must, but so are foods that are high in fibre.

Fibre helps to regulate the digestive system, thus resulting in effective and regular bowel movements. This provides much needed relief to many suffering from IBS.



If you must, fibre supplements can be taken; however, fibre is naturally found in a large number of foods.

These foods include **fresh fruits and vegetables and whole grain foods, such as whole grain bread or cereal.**

In keeping with food, many people are urged to stay away from certain foods.

These are people whose symptoms are triggered by certain foods.

If you are noticing a pattern in your pain and discomfort, it may be due to the foods or drinks that you are consuming.



These items should either be completely eliminated from your diet or at least limited.

Despite the possibility of a variance, caffeine, alcohol, and beans are common trigger factors for many suffering from irritable bowel syndrome. A regular consumption of water, around eight glasses, a day is also advised.

Exercise

As for the pain and discomfort that is often associated with irritable bowel syndrome (IBS), there are a number of natural remedies that can result in pain relief.



One of those remedies is exercise. In addition to walking, running, or aerobics, stretching often provides many individuals suffering from IBS with relief.

As previously stated, consuming foods that are high in fibre is a great way to naturally relieve the symptoms of irritable bowel syndrome (IBS).

One approach that you will not want to take is with the use of laxatives.

Many people confuse laxatives with fibre supplements, but they are not the same.



Laxatives are actually considered over-the-counter medications, as they are not natural. Laxatives may temporarily relieve the feeling of constipation, but they are not a permanent fix. In fact, too many laxatives can have a negative impact on the body, which could lead to additional health complications.

Emotions

The most common aggravating factor for irritable bowel syndrome (IBS) is stress. People carry stress in different areas of their body. People with IBS carry their stress in their digestive system. Stress and emotions they are "holding on to" can cause constipation.



Stress can also be experienced with anxiety and releasing the bowels (diarrhoea). The most important step is to develop good stress-relieving strategies.

Meditation, yoga, exercise and music are all helpful. While we may not be able to control the effect stress has on our intestines, reducing the sources of stress may alleviate symptoms of IBS.

Naturopath

Amongst other things a naturopath can help test for gut issues, allergies, hormonal issues and get to the root cause.



One of the most important mood neurotransmitters is serotonin, and a large percentage is produced in your digestive system.

As a reminder, if you believe that you are suffering from IBS, if you constantly feel bloated, have stomach cramps, or constipation, it is important that you first seek medical attention.

This will help to ensure that you are dealing with irritable bowel syndrome and not a more serious medical illness.



Once you have been diagnosed as having IBS you can seek relief by using a few of the above mentioned natural remedies.

You will find information on holistic treatments for IBS in our healing portal.

**This Ebook was written for
Global Healing Exchange**

