

[Another eBookWholesaler Publication](#)



By: Jeff Warne

Proudly brought to you by

Lewis Philips signature books

[Email](#)

Recommended Resources

- [Web Site Hosting Service](#)
- [Internet Marketing](#)
- [Affiliate Program](#)

Please Read this First

Terms of Use

This Electronic book is Copyright © 2010. All rights reserved. No part of this book may be reproduced, stored in a retrieval system, or transmitted by any means; electronic, mechanical, photocopying, recording, or otherwise, without written permission from the copyright holder(s).

You do not have any right to distribute any part of this ebook in any way at all. Members of eBookwholesaler are the sole distributors and must abide by all the terms at <http://www.ebookwholesaler.net/terms.php>

Disclaimer

The advice contained in this material might not be suitable for everyone. The author only provides the material as a broad overview by a layperson about an important subject. The author obtained the information from sources believed to be reliable and from his own personal experience, but he neither implies nor intends any guarantee of accuracy.

All claims made for any product, treatment or other procedure that is reported in this book is only the author's personal opinion. You must do your own careful checking with your own medical advisor and other reputable sources on any matter that concerns your health or that of others.

Research is constantly changing theories and practices in this area.

The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it for any reason.

The author, publisher and distributors never give legal, accounting, medical or any other type of professional advice. The reader must always seek those services from competent professionals that can review their own particular circumstances.

The author, publisher and distributors particularly disclaim any liability, loss, or risk taken by individuals who directly or indirectly act on the information contained herein. All readers must accept full responsibility for their use of this material.

All pictures used in this book are for illustration only. The people in the pictures are not connected with the book, author or publisher. No link or endorsement between any of them and the content is implied, nor should any be assumed. All pictures are just licensed for this book and must not be used for anything else without the rights holder’s prior written permission.

Images © 2010 Jupiterimages Corporation, a Getty Images company.

Table of Contents

Please Read this First	2
Terms of Use	2
Table of Contents.....	4
About the Author	6
How Food is Processed.....	7
What is Irritable Bowel Syndrome?	9
The Rome III Criteria.....	12
Contributing Factors.....	13
<i>Infection</i>	<i>13</i>
<i>Motility.....</i>	<i>13</i>
<i>Stress</i>	<i>14</i>
<i>Food</i>	<i>15</i>
<i>Sexual Abuse and IBS</i>	<i>16</i>
Symptoms.....	17
Who Suffers from IBS	20
<i>Women.....</i>	<i>20</i>
<i>Men.....</i>	<i>21</i>
<i>Children</i>	<i>21</i>
Effects of IBS	22
<i>Social and Business Life</i>	<i>22</i>
What Doctors Test For	24
<i>Fibromyalgia.....</i>	<i>25</i>
<i>Hypothyroidism.....</i>	<i>25</i>
Food Allergies and Food Intolerance.....	26
Food Allergies	26
<i>Anaphylaxis</i>	<i>26</i>

Food Intolerance	27
Common Treatments	28
<i>Stress</i>	28
<i>Diet</i>	29
<i>Laxatives</i>	31
Alternative Treatments	32
Outlook for IBS	35
Useful Links and Resources	36
<i>United States of America</i>	36
<i>Australia</i>	38
<i>Singapore</i>	38
<i>United Kingdom</i>	39
<i>Recipes for People with Irritable Bowel Syndrome</i>	40
Important Terms	41
Afterword	43

About the Author

Jeff Warne has suffered from irritable bowel syndrome but is currently showing no symptoms. He knows that there is no guarantee he will not have further bouts of the syndrome, but he is hopeful that he will avoid another episode.

Jeff had suffered some time before he went to his doctor and was diagnosed with irritable bowel syndrome.

He did some research on the topic because he found there was a lot of conflicting opinions and theories circulating among his friends and, especially, on the Internet.

Jeff wrote his e-book to help clear up some of the misinformation and outdated ideas which often confuse and may frighten many people who start to experience the symptoms of irritable bowel syndrome.

In his ebook, he covers the latest research on irritable bowel syndrome, its effects, treatments and the methods of control which seem to give the best results.

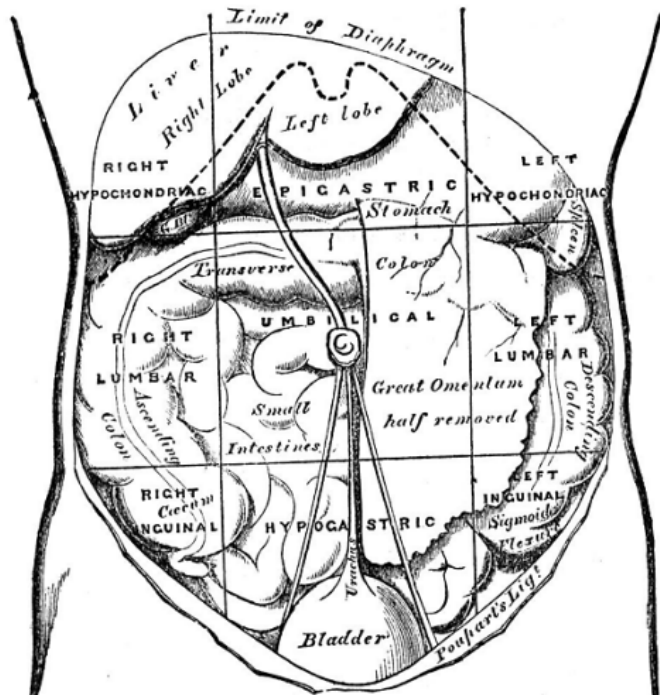
Jeff is also grateful for the input from many other people that have also had or are currently suffering from irritable bowel syndrome.

Jeff has also included some information about other conditions which have some of the symptoms that are so familiar to sufferers of irritable bowel syndrome.

He did this because he believes that this information will help you to understand why your doctor may prescribe certain tests when you tell him about your symptoms.

Jeff’s main mission is to give you more information about irritable bowel syndrome and help you control your symptoms so they do not stop you enjoying every day of your life to the maximum!

How Food is Processed



This short section will outline the normal process of digestion in humans. This is a simplified description but will give you as much information as you should need to understand the information in this book.

Don't worry, this is a layman's view, based on my own experience and research. I haven't used any technical language and have included very basic

explanations in the final section of all the terms I have had to use.

I believe it will also help you to more easily understand why I have the opinion that it is very important to have your symptoms checked as soon as possible.

When we eat or drink, the material is chewed up by the teeth and your saliva starts the process of breaking it down. Saliva also helps to keep the teeth and mouth clean among other benefits.

The food goes down the esophagus, a tube between the back of your mouth and your stomach.

A muscle at the bottom of the tube opens to let the food material into the stomach and closes behind it to prevent some of it and gas produced in the digestion process going up the tube and causing "heartburn".

The food mixes with hydrochloric acid in the stomach.

After some time, it enters the small bowel and is mixed with juices which continue the digestive process.

The nutrients are removed and the residue is propelled from the small bowel into the first part of the large bowel.

Bacteria in the large bowel break down the waste and start the formation of the feces which will be expelled from the rectum.

The nerves in the rectum signal when you need to go to the toilet and usually indicate whether the material is mostly solid or gas.

You also usually get some indication of the urgency of the demand.

Sufferers from irritable bowel syndrome may need to use the toilet more frequently, sometimes with less warning or may suffer constipation.

Many people will have both symptoms alternating.

That causes more distress and puts more pressure on their ability to enjoy social activities or do their work.

What is Irritable Bowel Syndrome?

IBS is a very common condition which has also been known as “Spastic Colon”, “Spastic Bowel” or “Irritable Colon”. It is also sometimes called mucus colitis or just colitis.



According to current research, irritable bowel syndrome does not cause any permanent damage to any organs.

Current research suggests that irritable bowel syndrome does not lead to the development of any kind of cancer or other serious illness.

This is something which many people think, probably because they have read about, or even know of, people who have IBS that also have some other illness such as cancer.

This is because a high proportion of the population has irritable bowel syndrome, so there are many IBS sufferers who also have some sort of cancer. But, the two conditions are unlikely to be directly linked according to current research.

IBS is not a disease but a syndrome where the sufferer is affected by a group of symptoms.

It is believed to affect from ten to twenty percent of the population of most countries at some time in their lives. For many years, some researchers and many doctors thought that it was a “lifestyle” disease, almost exclusively occurring in developed countries. They thought that it probably was not worth great efforts to find a remedy.

But, it is becoming clear that many people in all countries suffer from irritable bowel syndrome. It does not get publicity in some less developed countries which have more serious health problems and, because of very limited

budgets, have to focus on tackling other conditions which are having a greater impact on their people and their economy.

The available figures are not completely accurate because they do not include many people who are thought to suffer from the condition but do not go to their doctor for diagnosis and treatment.

This may happen because they believe that the symptoms are not serious enough to require investigation.

Also, of course, some people believe that they can't afford the cost of diagnosis and treatment or can't find the time to get help.

There are probably also some people who fear that the checks will find that they have a more serious condition, such as cancer, and do not want to face the possibility of bad news and extended treatment.

But, because some of the symptoms of irritable bowel syndrome are also present with some serious diseases, it is important to have your doctor check and confirm what you are actually suffering from.

Current research suggests that IBS does not indicate or lead to the development of cancer.

That worry can also have a negative effect on your general well-being. It is better to make sure and start treatment as early as possible if it is actually required.

Everyone that has symptoms which may indicate irritable bowel syndrome should consult their doctor.

The effects of irritable bowel syndrome can seriously interfere with their enjoyment of life and their interactions, both socially and in business.

It is also important to check whether or not the symptoms actually have a different, possibly more serious, cause.

It's unfortunate that the course of treatment which is a great help for one person to relieve most or all of their symptoms of irritable bowel syndrome cannot be expected to be equally useful to every other sufferer.

Every person’s experience is individual and requires careful checking of their background, medical history, symptoms and lifestyle by their own doctor.

The Rome III Criteria

The Rome III criteria were developed to provide a standard classification of functional gastro-intestinal disorders, including irritable bowel syndrome, according to their clinical symptoms.

The criteria are an update of previous models, Rome I and Rome II.

A diagnosis of IBS under this criteria requires that the symptom(s) occur over a period of at least two months. They do not have to show every day but gaps longer than a week would probably cause the confirmation to be delayed.

The important symptoms are:

- Pain or discomfort in the stomach which is released by a bowel movement.
- A change in the number of bowel movements or the appearance and consistency of the stool is seen to be relevant to the pain or discomfort.



Most doctors would probably make a diagnosis based on a shorter period and get some tests underway to confirm the actual condition you had.

Then, if IBS was confirmed, they could get treatment started to try to relieve your symptoms.

If you have a different condition, then you will be able to get help for that without delay or any further confusion.

Contributing Factors

Researchers have found many factors which have been suggested to contribute to the development of irritable bowel syndrome.

Some are generally accepted as being significant and worth further study but some have, so far, seemed to be significant only for a relatively few sufferers.

The fact that IBS symptoms can reduce or even disappear for a period of time makes it much harder to confirm that a particular approach or treatment is generally effective on a significant number of sufferers of irritable bowel syndrome.

Infection

Some research indicates that an infection of the gastro-intestinal tract may cause or encourage the development of irritable bowel syndrome.

People that have gastroenteritis may get IBS but it is thought that there may also be other types of infection which encourage it.

Motility

This refers to how the intestines contract and expand to move the waste material to the bowel.

If the rate is speeded up, from whatever cause, the wall of the colon may not be able to absorb as much fluid from the contents of the colon.

That can cause some fluid to be passed out with the stools. Fluid in your stools may be a symptom of irritable bowel syndrome.

Sometimes, this may get to the stage where this wall, called the epithelium, temporarily stops absorbing fluid.

The fluid is passed with the solid material into the rectum and the stools become very loose and more frequent (diarrhea).

If the intestines slow, the wall will absorb more fluid than usual and the stools may be slowed. They become hard and more difficult, even painful, to pass (constipation).

Some factors which may cause a change in motility include:

- A significant increase in the bacteria in the patient’s colon.
- Stress
- Effect of particular foods or chemicals in them.
- Miscommunication between the patient’s brain and their digestive tract.

This system is also one of those which can be slowed if someone has Hypothyroidism, which is why that condition is one which might sometimes need to be considered when someone presents with what may be irritable bowel syndrome.

Stress



It is common knowledge that the way that they react to stresses of any kind in their lives may cause people to experience diarrhea or constipation.

If you are suffering from IBS, stress is a factor which will aggravate the symptoms that you already experience. But, it is not accepted that stress by itself will cause anyone to develop

irritable bowel syndrome.

The action of the colon in processing waste material is controlled in part by your body’s autonomic nervous system (the body’s “housekeeper”, which controls many actions within the body automatically).

This system can be affected by stress. It may also have a significant effect on your body’s immune system.

Managing stress and your reaction to it, therefore, is an important part of maintaining your general health, especially if you have a condition like IBS.

Food

Some foods are considered to be responsible for triggering the condition in certain people.

One way to check this is to keep a food diary for a couple of months where you list all food and drink which you consume.

Get a small diary or notebook and rule a few sections where you can list:

1. Time that you consumed the food or drink
2. What you ate or drank (include the quantity)
3. Your emotional and physical state
4. Add a last column where you put details of any IBS symptoms which you have. You should indicate how severely the symptom affected you on each occasion.

Researchers believe that anything you consumed within three days before a symptom affected you on more than a couple of times should be looked at as a possible trigger for that symptom.

This simple system can help you to find possible links between the occurrence of certain symptoms and your consumption of particular food or drink.

You will need to ensure that you include all food and drink you have or the information will not be accurate. This may seem a lot of trouble to go to but people that have had severe bouts of irritable bowel syndrome or have been suffering from it for a long time say that they will try almost anything to get a better control of their symptoms.

This diary may also help your doctor to focus on particular lines of investigation into your irritable bowel syndrome.

Sexual Abuse and IBS

In the early years of this century, it was suggested that the percentage of IBS patients who had suffered sexual abuse was significantly higher than the percentage of the general population.

Some researchers suggested that this figure was high enough for them to recommend that doctors include a question about this when gathering the patient’s history.

This is not common practise any longer. It has been accepted that a high level of stress is common among IBS sufferers and earlier sexual abuse is likely to cause the victim to have high stress.

So, it is likely that many victims will be among those suffering from IBS but the abuse is no longer considered likely to be a significant part of the reason for the patient developing IBS

Anyone that has suffered abuse is advised to get help to deal with any residual problems from that as soon as possible. That will help them to reduce their general level of stress and improve their life while also helping them to reduce the risk of conditions like IBS

Symptoms

People with irritable bowel syndrome usually display some or all of the following symptoms:

- A change in the frequency of bowel movements or the appearance and consistency of the stool.
- A change in the appearance and consistency of the stool.

Abdominal Pain: Many people have occasional discomfort in their stomach.

When the pain persists and is only relieved by passing a motion; that may indicate IBS

Diarrhea: Diarrhea is one of the most common symptoms of irritable bowel syndrome.



Some people with IBS have recurring bouts of both diarrhea and constipation.

This is caused when the small intestine increases the rate at which it processes the waste material which it receives from the

stomach.

This produces soft and sometimes watery waste.

Diarrhea is most likely to be linked to the possibility of IBS when it follows a meal.

Diarrhea is less likely to be a symptom of IBS when it occurs at night.

Constipation: Constipation is widely misunderstood.

The condition represents a change in your habitual toilet routine. You may be surprised to know that there is not just one “normal” routine which is common to almost everyone.

Some people have as few as three bowel movements a week but others have that many on most days.

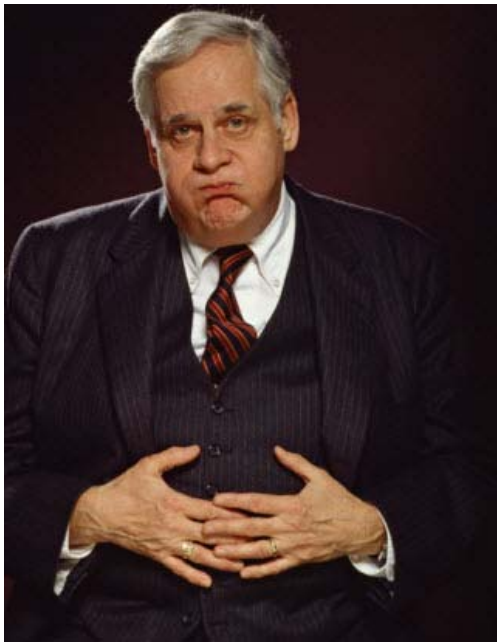
Constipation is when:

- You have a significant change in your toilet routine.
- There is a change in the appearance or consistency of the stools which are produced.
- The waste, which is received in a liquid form, becomes hard and does not pass easily through to the bowel.
- You need to strain to empty your bowels.

It is advisable to consult your doctor at any time if blood or black material appears in your stools or on the toilet paper.

Bloating is when you have a feeling of pressure in the stomach but there is no visible expansion.

Distension is when you can see an increase in the size of your stomach.



Bloating or distension is not always caused by an excess of gas in the stomach.

Some factors which may be linked to the symptoms include:

- Higher sensitivity to pain in the rectal area. This appears to affect about fifty percent of sufferers that have been tested and also to be more common in women.
- Changes in motility (the rate of

movement of waste material through the colon to the bowel).

- Sugar intolerance. The sugar may be in the form of sorbitol, fructose or lactose.
- Eating more at one sitting than usual.

Bloating is one of the most complained about effects of irritable bowel syndrome with some sufferers rating it just below abdominal pain as the most distressing.

It causes discomfort and reduces the quality of life because the sufferers often reduce their food intake and exercise.

This lowers their energy level, which causes them to be less interested in any other physical activity.

Over time, this reduces their ability to minimize the effects which the symptoms of IBS have on them.

That impacts on their social and business activities.

Unfortunately, there is no simple way of handling these symptoms. Your doctor may be able to arrange tests which can help to isolate the particular conditions which are causing them for you and then suggest possible treatments.

Who Suffers from IBS

Almost anyone can develop the symptoms of irritable bowel syndrome.

Most sufferers develop their condition after the age of twenty. But, there are also a number of children that suffer from the syndrome.

People that suffer from fibromyalgia have a higher than average rate of irritable bowel syndrome but no actual connection between the occurrences of the two conditions in one person has not been established.

Women

Significantly more women than men are sufferers from irritable bowel syndrome. The reason for this has not been confirmed.

That is not just because many men do not report medical problems or have them checked out in a systematic way but that is probably something which does affect the available figures.

Menstruation increases the impact of IBS symptoms on many sufferers.

Many patients report that their IBS symptoms are lessened during pregnancy.

Women are believed to suffer more instances of depression and anxiety, two factors which appear to be significant in the development of irritable bowel syndrome.

In 2000, a study found that women could suffer more from their symptoms of IBS if they did not get their usual amount of sleep the night before or they had a particularly stressful day.



Men

Researchers generally believe that the available figures for the number of men that have irritable bowel syndrome are much lower than the real situation.

A significant number of men that are referred to specialists for stomach related problems are found to have irritable bowel syndrome symptoms.

It is commonly believed that many men don't give enough importance to the symptoms which they have and that this probably causes many with more serious conditions to delay or avoid testing and treatment.

Children

IBS affects about equal numbers of boys and girls but more women than men seem to have the condition.

The percentage of children reporting with IBS symptoms is larger in the later school years, but not as high as the estimates for the percentage of adults with the condition.

Some doctors think that parents who are very indulgent or protective of their children may sometimes cause the child to be potentially more susceptible to IBS

That coddling may also make the child suffer to a greater degree from any IBS symptoms they have when they are adults.

Effects of IBS

From my own experience and what I’ve learned in the accounts of other sufferers, irritable bowel syndrome brings with it a load of frustration as well as the pain and other effects.

Until recently, many doctors did not understand that the condition was having such a devastating effect on their patients since it was not life-threatening, did not lead to cancer or other major diseases and could be controlled, at least in theory, by changes to lifestyle and standard medications.

Many people develop secondary conditions as a result of their irritable bowel syndrome episodes. Problems like anxiety, panic attacks and depression are very common.

Many people get frustrated because the symptoms are persistent though some people will have periods where their symptoms reduce or even disappear for a time. They know that it could start again.

Social and Business Life

The symptoms of IBS can affect your social and business activities as well as your health.

Diarrhea is one of the most common symptoms of IBS and can occur with little warning. Every person with IBS that has this symptom has to plan their day so that they are never very far from a toilet.

This puts a limit on travel, attending social events or conferences where they might have to leave frequently or where there may only be limited facilities for the number of people attending.

That is bad enough, but many people become less willing to go out or take trips.

This can have a limiting effect on their social life.

They become frustrated and depressed which often shows in changes to the way they deal with their family and other people every day.

This sometimes also limits their opportunities for advancement in their business life.

I hope that the information my book will help you to be able to better handle these concerns.

What Doctors Test For



There is currently no test to confirm whether or not you have irritable bowel syndrome.

Doctors will discuss your symptoms with you and give you a complete physical examination.

Because people that have a number of serious conditions display similar symptoms to people with IBS your doctor will probably order tests to check whether the symptoms, along with the information they got from the examination and the discussion with you about your medical history are actually indicators of other conditions.

The most common test is a microscopic examination of a stool sample.

One check is to look for visible or concealed (occult) blood in the sample. Some people find blood on the toilet paper but many others don't see any visible sign and this test is required to make sure whether any is actually present.

You may also have a blood test.

Sometimes, the doctor will perform a sigmoidoscopy, or colonoscopy, which allows them to look inside the colon. They insert a camera on the end of a small, flexible tube through the anus. Images are then transferred onto a large screen for the doctor to examine more easily.

You may be told to have a barium enema. This procedure is done to check any possibility that you may have colon cancer, inflammatory bowel disease (IBD) or similar conditions.

This will require you to have an enema and/or laxatives to completely empty your bowels before having a rectal examination. It is uncomfortable but not usually painful.

Other tests may sometimes be required to check for other conditions.

Depending on your symptoms or history, there are many other conditions which your doctor must be mindful of including various types of cancer, Crohn's Disease, Ulcerative Colitis, Diverticulitis, Celiac and several others.

Fibromyalgia

This very painful condition, characterized by poor sleep, fatigue and pain in the joints and muscles, is found in many people that also have irritable bowel syndrome.

There is no direct link confirmed between the two conditions at this stage.

But, it is important to know if someone with one also has the other because some regular treatments for fibromyalgia may cause problems with their IBS and vice-versa.

Hypothyroidism

People that are affected by the condition, Hypothyroidism, often suffer from constipation.

That condition and IBS share some other symptoms, so the possibility of the patient having this condition may need to be checked.

Food Allergies and Food Intolerance

Some people have linked some occurrences of food allergies and food intolerance to irritable bowel syndrome.

So, your doctor will probably ask you if the appearance of your symptoms might occur when you have been consuming any particular food or drink. Depending on your answers and other factors which the doctor notices, he or she may decide that your symptoms indicate that you should be tested.

Food allergies are much less common than food intolerance. But, both conditions seem to be on the increase in the general population.

Food Allergies

A food allergy is a response by your immune system to a substance which it senses might be harmful to you.

A food allergy can start very quickly after someone contacts the substance which causes the allergic reaction.

Food allergies cause a variety of symptoms which may include rashes, breathing difficulties, such as wheezing, and upset stomachs.

Some foods which are well-known triggers for food allergies include nuts, eggs, dairy products and soy products.

There has been a particularly high increase in the incidence of allergic reactions to peanuts in young children in recent years. Many schools have banned peanut products because of the risk some children have if they contact even very small amounts.

Anaphylaxis

The most dangerous reaction is probably Anaphylaxis which is also called anaphylactic shock.

This is potentially life threatening and urgent medical treatment is essential.

Food Intolerance

Some people have linked food intolerance to some patients with irritable bowel syndrome.

Food Intolerance is a chemical reaction to a substance. Unlike an allergy, where the person’s immune system reacts to the contact with the trigger substance, you may only have the intolerance when you take in more than a certain amount of the substance.

This may occur when you absorb enough of the substance from two or more different items.

For instance, if you are intolerant of caffeine, you may get some from a chocolate bar but not suffer any symptoms until you also drink some coffee, tea or a cola.

Common Treatments

Stress

One of the first factors which we can try to reduce is the stress in our lives and the way we react to it.

Stress of any kind may aggravate our irritable bowel syndrome symptoms which, of course, will then probably increase the level of the stress we are experiencing.

That starts an unhappy roundabout which might seem impossible to get off.

The next thing is to arrange for a check by your doctor so that you know exactly what condition you are suffering from. That will help you to eliminate a source of anxiety which can actually have a serious effect on your physical well-being.

Then, you could find the time to examine what is causing the stress you have in your life at the moment and examine the various causes.

A good first step is to realize that stress is an unavoidable part of everyone's life.

You may find that some worries are not worth the stress you are getting.

You might need help to deal with some things, and others might be beyond your control.

Discuss relevant items with family members or whoever else might be contributing to the stress or be able to help deal with it.

Examine the way which you are dealing (or not dealing) with stressors and other pressures which are put on you.

I found that some things which were causing me stress and interfering with my enjoyment of each day were not really things which I needed to take on in the first place.

When I looked at the possible outcomes from other things which I was very worried about, I saw that my focusing on them had made me feel worse than if I had just dealt with them and got them out of the way.

When I first developed irritable bowel syndrome, I went into my shell and reduced my social activities because of the symptoms I experienced.

That caused more unhappiness.

I also let this problem affect the way I interacted with my family and other people. That caused more problems and it took a while before I saw that my response was the cause of most of the trouble and it was up to me to fix things up.

I have tried relaxation tapes and still listen to one from time to time. But, my favorite forms of reducing stress are spending time with the family or friends or jogging around some scenic parts of our town and leaving all my business and other matters at home.

I was able to get rid of some stress associated with duties at work and in a community organization which I had volunteered for without enough thought or through a sense of obligation.

Some people that have IBS may need more help with their stress than others. Start by talking about your situation with your doctor and ask for a referral if it might help you.

Diet

If flatulence is one of the symptoms you suffer from, try removing baked beans and some of the cauliflower, cabbage and broccoli from your diet.

Another tactic which has helped many people is to eat smaller meals but have a couple of light, healthy snacks as well which will help to ensure that you still get the nutrients and fiber which your body needs to function well.

You could start eating more of those vegetables again when your symptoms are in remission because they have valuable components. If you don't, you

will have to find substitute sources. Tablets are a poor substitute in most cases.

The most common recommendation for dealing with IBS symptoms is probably to increase the amount of fiber in your diet.

That can help many sufferers but it should be done in a controlled, slow way and only after you have consulted your doctor.

Adding too much additional fiber too quickly can have negative effects and put back your treatment.



You should also ensure that you drink at least six glasses of water each day and increase that when you start eating more fiber.

Please don't think that drinking fruit juices, tea, coffee or sodas is an adequate substitute for the amount of water you need to drink to keep your body's fluid level safe.

All of those drinks will result in the removal of some of the water you drink rather than add to the amount provided to your body that day.

Yes, water is as important to your body as oil is to your car. The first organ which suffers if you don't keep the water level right is your brain!

There is also the effect which the caffeine could have on your system.

Please keep caffeine to a minimum in the early stages of the changes you make to your diet.

Eating large meals can aggravate some of your IBS symptoms. If your family are used to having large servings, you might find that eating more slowly and chewing your food well can help.

But you might also consider having more and smaller meals through the day.

Keep your mealtimes stress free. Avoid distractions like television and concentrate on enjoying the food and the company of other family members.

You should also drink water in smaller quantities through the day rather than having just a few large glasses with meals.

There are a range of foods which are suspected of triggering some people’s IBS symptoms.

Some sufferers are put on elimination diets to check the reaction of their body when a particular suspect is removed for a couple of weeks.

This can be effective but it needs to be done under the supervision of a dietician or other medical professional with related experience. They can make the best judgment about the results which happen and prevent you from suffering unintended consequences due to the dietary imbalance from removing a particular item.

Laxatives

Laxatives may help some sufferers but they can also cause other problems.

No-one with symptoms of IBS should take laxatives or any drug to treat diarrhea without discussing the potential benefits and risks first with their doctor.

Alternative Treatments

Many people promote various alternative treatments (not prescribed or recommended by doctors) for helping with the symptoms of irritable bowel syndrome.

There is no proven benefit which happens to everyone that uses any of these treatments but some people report that their own symptoms have been reduced in some part.

Some things to keep in mind when thinking about trying anything in this section are:

They are not regulated for quality and consistency to the same standards as conventional medicines.

They are not tested as rigorously as conventional medicines.

The amount of active ingredient in a particular sample may not always be the same, especially if they are prepared by individuals and not in a factory.

Many natural compounds have side effects and some can be quite dangerous, especially to people with medical conditions or other health concerns.

Some people experience remission of their irritable bowel syndrome symptoms without using any medical or other treatment. This makes it difficult to prove that particular results are due to the use of any preparation unless there have been strictly controlled trials involving a large number of sufferers over a significant period of time.

Acupuncture: This traditional Chinese system uses special needles which are inserted into the skin. Some practitioners use this as a treatment for Irritable Bowel Syndrome, often in conjunction with herbal teas.

The been claims about acupuncture helping to calm the nerves of the colon and thus helping to relieve the effects of IBS are hard to prove. Never consider acupuncture for treating any symptom or condition without discussing it first with your doctor.

Herbs: Some people use certain herbs to help them relieve some IBS symptoms. Results vary and are not widely consistent.

If you decide to try an herbal preparation, you should find an herbalist with appropriate formal training and check with some of their customers before seeking their help.

Peppermint is claimed by some to be useful for calming the colon muscles and helping to relieve the discomfort.

Coated capsules may reduce the possibility of heartburn but the coating will probably be ineffective if you take antacid at the same time.

Some side effects – including allergic reactions and heartburn - may be experienced, so get your doctor’s opinion before trying this herb.

Remember that herbs contain chemicals and may cause a negative reaction with one or more medications you have. This possibility needs careful checking before you buy or try anything.

Hypnosis: Some people claim that a series of hypnotherapy sessions may help some IBS sufferers control their symptoms.

This might be worth trying if you can afford to take a course of treatments and can find a practitioner who you have confidence in. Always ask for referrals to other clients.

If you have any doubts about the person or the effectiveness of their methods, look elsewhere.

You could try self-hypnosis. I believe the effectiveness of this approach depends on your own self-confidence and your ability to do it consistently. If you don’t believe it will work, it probably will be a waste of time and effort.

Probiotics: These are live organisms. The most well-known examples are those which are similar to the flora in our gut. They may be consumed in tablets, powders or capsules and are also present in most commercially prepared yogurt.

If you want any benefit from the probiotics in the yogurt you buy, get it when it is well within the marked “Best Before” or “Use By” date marked on the package because the effectiveness of the Probiotics may deteriorate while it is on the chilled supermarket shelf and in your refrigerator.

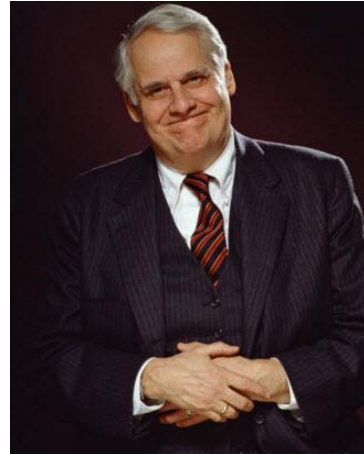
Outlook for IBS

When I am writing this, in mid 2010, there is no hint of a cure, but no-one needs to give up hope.

This condition is the subject of research around the World because it is very widespread. A breakthrough treatment would help many people and also could provide a good financial return to the company which produced and promoted it.

Meanwhile, many sufferers are getting good results from the various treatments and tactics which I’ve explained in my ebook.

A major benefit of the wider publicity about the condition through Government, media and organizations like those which I’ve listed in the **Useful Links and Resources** section has been that many people have found some better ways to relieve or control their symptoms. This helps them to reduce the negative effects on their lifestyle and both business and personal activities.



Useful Links and Resources

There are support groups for irritable bowel syndrome listed on social sites such as Twitter and Facebook but I have not had any contact with them and am unsure of the level of privacy which people using those services can expect. So, I suggest that you do your own checking and decide whether you feel comfortable using those relatively public groups yourself.

[Facebook: Irritable Bowel Syndrome \(IBS\) Self Help and Support Group](#)

- [Twitter: Irritable Bowel Syndrome \(IBS\) Self Help and Support Group](#)

Here are some links to well-established groups and companies with sites on the Internet that offer support to people with irritable bowel syndrome and their families.

United States of America

The IBS Self Help and Support Group <http://www.ibsgroup.org/>

Advertisement

Irritable Bowel Syndrome Self Help and Support Group
a trusted community for IBS sufferers

The IBS Self Help and Support Group, formed its charter in 1987 as a public education organization for those who suffer from IBS, those who are looking for support for someone who has IBS, medical professionals who want to learn more about IBS and to be responsible patient advocates on local, regional and federal levels. The IBS Self Help and Support Group is an award-winning site which works to educate those who are living with IBS and to increase awareness about this and other functional gastrointestinal disorders.

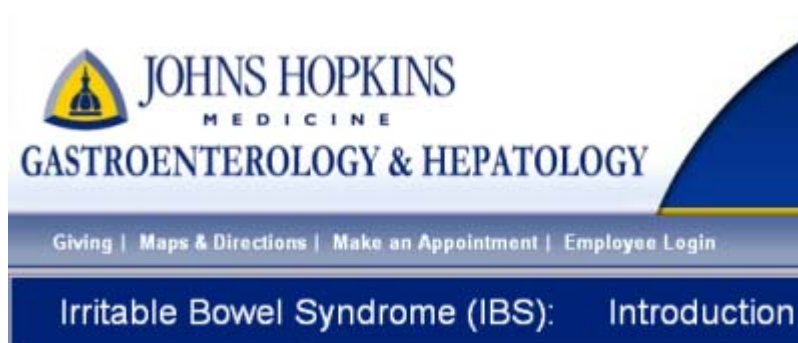
Mayo Clinic



<http://www.mayoclinic.com/health/irritable-bowel-syndrome/DS00106>

Resource provided for general information from Mayo Clinic about many medical subjects. **It is not intended as a replacement for seeing your own doctor or following his/her advice.**

Johns Hopkins Gastroenterology & Hepatology IBS information



http://www.hopkins-gi.org/GDL_Disease.aspx?CurrentUDV=31&GDL_Disease_ID=F5E21D6B-A88E-44F9-900F-7E295C50D38B&GDL_DC_ID=D03119D7-57A3-4890-A717-CF1E7426C8BA

Another hospital-based source of information about Irritable Bowel Syndrome. There is a lot of information here about a range of conditions. **It is not intended as a replacement for seeing your own doctor or following his/her advice.**

Australia

IBIS is the **Irritable Bowel Information and Support Association** in Australia. They have contacts in each State of Australia listed on the website:

<http://www.ibis-australia.org/>



Members are either people that have suffered from the condition or whose family members have done so. Anyone who is affected by the condition can get help by joining the organization.

They recommend that you have your medical practitioner confirm that you have this specific condition before contacting the organization to avoid the possibility that your symptoms are the result of a different condition.

IBIS offer information about the latest strategies for controlling irritable bowel syndrome through their publication, "Ibis Nest".

They also encourage members in any area where there are sufficient numbers and a common desire to do so, to form a sub-group to give local support to each other.

Singapore

<http://ibs-support.com.sg/>



“The IBS Support Group holds regular [Public Forums and Workshops](#), which provide us with opportunities to meet other patients, gain knowledge, speak openly about our experiences and learn to cope better with IBS.

If you think you can benefit from the IBS Support Group or would like to contribute in any way, please do join us as a member. Surf our site: we have an **Interactive Forum**, where you can **Ask a doctor** about IBS or **Share your experience** with other patients. You can also read about the latest news on IBS and patient stories. Don't suffer alone, come join us now!”

United Kingdom



The Gut Trust <http://www.thegutrust.org/> is “the national charity for people with Irritable Bowel Syndrome in the United Kingdom. We support people like you, who are coping day to day with IBS; a condition that is misunderstood, often stigmatized and which can chronically affect your everyday life.”

(Note that there is just one “t” in their web site address).

Recipes for People with Irritable Bowel Syndrome

This next site is operated by a cook who focuses on recipes for people with IBS I have just found it and already made notes of some of the tips she gives in her Cook’s Notes page. The cookbook looks very tempting too!

Good Eats For IBS <http://www.goodeatsforibs.com/>



The screenshot shows the homepage of the website 'Good Eats for IBS'. At the top, there is a navigation bar with four links: 'Home', 'IBS Do's & Don'ts', 'Cook's Notes', and 'News'. Below the navigation bar, the website's logo 'Good Eats for IBS' is displayed on the left, and a photograph of a whole red onion and a head of garlic is on the right. Below the logo and image, the text reads 'Recipes for You and your family!'. A large green leek is shown on the left side of the main content area. To its right, there is a welcome message: 'Welcome To Good Eats For IBS! The Only COOKING Website On The Internet Dedicated To People With IBS'. Below this message, there is a paragraph of text: 'Are you tired of eating bland foods to calm down painful spasms, nausea, gas, and bloating — scrutinizing each ingredient at every meal to insure you're eating within IBS food guidelines? If so, you've come to the right place! At Good Eats For IBS you'll find recipes that put the flavour back in your cooking — safely. You'll learn a new way of cooking delicious foods'. To the right of this text is a small image of a cooked dish, possibly a chicken or meat dish with vegetables.

Important Terms

Abdomen: The belly, between the chest and the top of the pubic area.

Abdominal Pain: This term is usually used to refer to pain originating from the body parts inside (beneath the skin) the abdomen rather than pain felt in the surrounding bone structure.

Acupuncture: Traditional Chinese system of inserting special needles through the skin to treat imbalances in the patient’s health. Some practitioners use this as a treatment for Irritable Bowel Syndrome, often in conjunction with herbal teas.

Anaphylaxis: Anaphylaxis or anaphylactic shock is a particularly dangerous allergic reaction. Exposure to an allergen can cause dizziness, swollen tongue and breathing tubes, low blood pressure etc.

The most common treatment is an injection of adrenaline. But, even if the patient has that with them and you, or someone with them, knows how to administer it, an ambulance should still be called.

The symptoms progress quickly.

The cause is usually food-related but may be the result of a sting from an insect. Some patients suffer this reaction when exposed to certain drugs, natural latex or some dyes.

Antidepressants: Type of drug developed for treating depression. Some IBS patients say they have reduced some symptoms of IBS after using Antidepressants under direction of their doctors..

Some of the effects of I.B.S. which are claimed to be affected with certain patients include constipation, bloating and nausea. Results vary and they are not suitable for all sufferers of I.B.S.

Constipation: If you have less than three bowel movements in a week and the stools are hard and require more effort than usual to expel, you have constipation.

Constipation is not a disease; it is a symptom of something being out of order in your digestive system.

Diarrhea: If your bowel movements produce soft, formless stools and you have to go to the toilet more quickly and more often than usual, you have diarrhea.

Diarrhea is not a disease; it is a symptom of something else. If you have bouts of it frequently or they are severe, you should be checked by your doctor to find out the cause and whether further treatment might be needed.

Faeces: Solid waste left after digested food is processed which will be expelled from the body.

Food Intolerance: A chemical reaction which some people display when they consume more of a substance than their body can handle. This varies widely between people. It is more common than food allergies and has been linked by some researchers to asthma and other conditions as well as irritable bowel syndrome.

Immune Response: The reaction of your body’s immune system to a potential threat from viruses or other substances which are sensed to be potentially harmful. See “Food Allergy” in the text.

Syndrome: A group of symptoms which indicate that something in or about the body is not working in the normal way. With IBS, the affected organ is the large bowel (colon) which stores stools before they are expelled from the body.

Afterword

Thank you for reading my book.

I wrote it to help people cope with their IBS symptoms and reduce the impact it has on your life so that you can get maximum enjoyment from every day in every way.

I hope you are as confident as I am that all the research currently being done will soon give us better ways to control our symptoms and maybe even remove them from our lives permanently.

Meanwhile, keep your self focused on the positive elements in your life and make the most of every day.

Don't let IBS rule your life, you can control it!

Jeff Warne

[Another eBookWholesaler Publication](#)