



What is an Irritable Bowel Syndrome?

Irritable bowel syndrome (IBS) is something that people often find difficult to talk about, yet it is one of the **most common digestive conditions** seen by doctors. It is estimated to affect approximately 20% of the US population.

This problem with the bowels and large intestine is characterized by **recurring bouts of abdominal pain or discomfort**, as well as intermittent diarrhea and/or constipation, making IBS a very frustrating condition to live with. Other symptoms include abdominal bloating and cramping, gas, nausea, headaches, fatigue, and an urgency to empty the bowels.

Diagnosing Irritable Bowel Syndrome

There is no single test that can be done to confirm IBS, and so the diagnostic process is essentially one of elimination. Your health care practitioner will take a **detailed medical history** from you and inquire about all of your symptoms, which will be checked against the diagnostic criteria for IBS.

In addition to this, a number of tests can be done to rule out other possible conditions that may present itself in a similar way to IBS. Some **conditions that mimic IBS include food allergies**, intestinal infections, parasites, colon cancer, Crohn's disease, an inflammation or blockage of the colon, and other digestion problems.

Your physician will be able to determine which tests are necessary according to a number of factors such as age, the symptoms present, and the **severity of the symptoms**. Some of these tests include a complete blood count, a stool sample analysis, urinalysis, liver function tests, a rectal exam, abdominal X-rays, and/or a colonoscopy.

What causes Irritable Bowel Syndrome?

Irritable bowel syndrome has no obvious cause, although symptoms seem to be related to **abnormal muscle contractions or spasms** of the lower part of the colon. They are thought to involve problems in communication between the bowel and the brain.

Diet and stress seem to be common triggers of the condition. Keeping this in mind, symptoms can be greatly reduced by managing stress and anxiety levels, and keeping note of certain foods that may aggravate your condition.

Other Factors that Contribute to IBS



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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

Other factors that may contribute to IBS include smoking, sensitivity to foods (especially dairy), overeating, eating irregularly or too quickly, use of antibiotics and other prescription drugs, candida overgrowth, as well as hormonal changes (most commonly during the menstrual cycle).

As IBS is often affected by diet, many people have found that eliminating or reducing certain foods from their diet can greatly relieve symptoms.

Common trigger foods often include:

- Spicy and fatty foods
- High-gas vegetables such as beans, cabbage, and cauliflower
- Alcohol
- Caffeinated drinks, including tea and coffee
- Artificial sweeteners that contain sorbitol and aspartame

In addition, it may help to increase your daily intake of dietary fiber and to drink plenty of water in order to regularly flush out toxins and detox your body.

Help for Irritable Bowel Syndrome

A diagnosis of IBS need not mean a life-long struggle with on-going discomfort. There are a number of treatment options that you can explore to help you **manage IBS flare-ups**, deal with the symptoms, and lead a normal life.

Medical treatment usually involves anti-depressants (especially to control the IBS-associated pain), **anti-diarrhea medications, laxatives, and antispasmodic medication**-- although many of these medications have unwanted side effects and should be taken under the supervision of your health care provider.

Alternative treatments include acupuncture, herbal and homeopathic remedies, **probiotics, colonic irrigation**, as well as dietary and lifestyle changes.

Natural Remedies

While there are many synthetic over-the-counter and prescription medicines to **treat digestive complaints and disorders such as IBS**, they tend to come with side effects and can lead to disruptions in delicate body systems.

Among other things, they can cause a weakened immune system, electrolyte **imbalances and a disruption in intestinal flora**-- all of which may ultimately worsen the problems associated with IBS. For these reasons, many people have started to turn to natural remedies to treat IBS and other related conditions.

Herbal ingredients such as German Chamomile, Meadowsweet, Ulmus fulva and Sutherlandia frutescens have **anti-inflammatory, anti-spasmodic, and digestive-health properties** that make it an effective preventative for IBS flare ups. In addition to this, a number of herbal ingredients work to immediately relieve IBS symptoms.

Mentha piperita in particular has become widely known as a treatment for IBS, as this herb works by **relieving cramps and gently relaxing the muscles of the**



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

digestive tract-- thus effectively calming irritable bowels and reducing stomach pain.

Other beneficial herbs include Ginger, Fennel and Pelargonium graveolens. Remember to always source your natural remedies from a reputable company to ensure maximum effectiveness, safety, and correct therapeutic dosage.

Tips for Coping with Irritable Bowel Syndrome

- **Keep a diary** and record of when your symptoms arise and what foods or other factors preceded them. If done regularly, you will learn a lot about the various things that trigger your IBS symptoms and you can avoid them in the future.
- **Try cutting out a number of food suspects** such as dairy products, spicy food, wheat and fatty food for 3 weeks, then re-introduce them to your diet one by one to see if you have a reaction. Food triggers tend to be different for everyone, so use your diary to see which foods may be your likely suspects.
- **Ensure that you are getting sufficient fiber in your diet** and consider increasing it with fruit, vegetables, whole grains and fiber supplements if necessary. Make sure to increase your daily water intake to no less than 8 glasses a day.
- **Try adjusting your meals** so that you eat many smaller meals more often instead of fewer large meals.
- **Smoking and alcohol have both been implicated in IBS.** Try to keep alcohol to a minimum (as it often causes diarrhea) and if you do smoke then consider quitting smoking naturally.
- **Manage your emotions.** Stress, anxiety and depression are linked to [irritable bowel syndrome](#). This is possibly due to the fact that serotonin (the same neurotransmitter involved in producing feelings of happiness) plays an important role in the digestive tract, controlling pain, intestinal movement, and the water excretion necessary to soften the stool. When serotonin levels are out of balance, IBS can flare up.
- **If you do feel that you aren't coping with these emotions**, consider making an appointment with a licensed counselor or clinical psychologist. Remember that natural remedies for depression and balancing serotonin levels are available and can be very effective.
- **Stress-relieving techniques can also be very beneficial.** Try learning relaxation techniques such as deep breathing, muscle relaxation, meditation or yoga.
- **Get regular exercise to help regulate bowel movements.** Eat only small meals before an exercise session so you are less likely to be interrupted, and **stick to moderate exercise** rather than anything strenuous, which may trigger diarrhea.
- **Many people hide their IBS in embarrassment**, which often causes isolation and relationship complications. Having IBS can be very disruptive, and many people find themselves becoming housebound and making excuses to friends, family, and employers.
- **Consider telling certain people of your condition**, as you will generally find most people are extremely understanding and accommodating. Your friends will more than likely realize that you're not avoiding them, and your boss will be more understanding as to why you seem to take so many breaks or sick days. Also, you may just find that you aren't the only one to suffer with IBS, and gain a valuable support system!

Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

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The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite



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frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

Gastronic Dr. : Promote healthy digestion and encourage comfort after meals

Recognizing the need for natural support for trouble-free digestion, Native Remedies has developed Gastronic Dr., a 100% herbal remedy containing natural ingredients and manufactured in therapeutic dosage according to the highest pharmaceutical standards.

Gastronic Dr. is a capsule that **is used every day for the continued support of the digestive tract**. Regular use of Gastronic Dr. safely supports digestive health and all organs and structures involved in digestion, as well as the mucus membranes of the digestive tract. Gastronic Dr. also helps to **maintain the natural balance of essential organisms** (such as probiotics) in the digestive tract, further promoting easy, healthy digestion.

This formula remains true to the **whole spectrum method** of herbal extraction,

herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance - exactly as nature intended!

[Learn more about Gastronic Dr.](#)

DigestAssist: Helps maintain digestive comfort and promotes healthy digestion.

Recognizing the need for a healthier and effective approach, Native Remedies has developed Gastronic Dr. and DigestAssist - both 100% herbal remedies containing well researched ingredients and manufactured in therapeutic dosage according to the highest pharmaceutical standards.

Gastronic Dr. is a capsule which is used every day for the continued health of the digestive tract and to promote ongoing, healthy, trouble-free digestion. Regular use of Gastronic Dr. safely and effectively acts to promote digestive health.

DigestAssist, the perfect companion to Gastronic Dr., comes in fast-acting and convenient drop form, and can be taken as needed to promote digestive comfort after meals, helping you to enjoy your food every day.

These formulas remain true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about DigestAssist](#)

Digestion Tonic : FDA Registered homeopathic remedy for maintaining digestive comfort, health and functioning

Triple Complex Digestion Tonic contains Kalium phosphate, Natrium phosphate and Calcium phosphate in a safe biochemic formula and can be used to **promote healthy digestion and harmony in the digestive tract.**

Triple Complex Digestion Tonic is the **perfect companion** to our [Gastronic Dr](#) and [DigestAssist](#) herbal drops and also helps to optimize absorption of these remedies. Regular use of Triple Complex Digestive Tonic can make all the difference in addressing digestive system health.

All Native Remedies biochemic tissue salts are manufactured in an FDA and GMP registered pharmaceutical facility under the supervision of qualified responsible pharmacists.

[Learn more about Digestion Tonic](#)

PureCalm: Aids nervous system in stress resistance for balanced moods and feelings of well being.

PureCalm is a 100% safe, non-addictive herbal remedy that has been specially formulated by a Clinical Psychologist for adults and children.



[Read more about the Native Remedies Full Spectrum Approach™](#)

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PureCalm can be used to safely maintain harmony, health and systemic balance in the brain and nervous system, without harmful side effects and without sedatives. This remedy contains a selection of herbs known for their supportive function in maintaining brain.

PureCalm can especially benefit those individuals needing support overcoming worry, managing stress and to promote inner calm related to certain situations. Natural stress relief products such as PureCalm can be used consistently, without side effects or compromising health.

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