



By James Walden
Nutrition Specialist and Health Consultant
<http://www.theibsmiracle.com>

How To Deal With IBS

Have you been experiencing abdominal discomfort or pain associated with your bowel movements? Do you often experience bloating, frequent diarrhea or constipation? Have these symptoms been going on for some time now?

If so, you may be experiencing **Irritable Bowel Syndrome**. Irritable Bowel Syndrome—or **IBS**—is a medical condition that's characterized by various gastrointestinal disorders that can make your life very difficult. For example, you might experience:

- **Painful diarrhea**
- Loose or watery stools
- **A sense of “urgency” to move your bowels**
- Painful constipation
- **Bloating**
- Lumpy or hard stools
- **Abnormal, delayed or infrequent bowel movements**
- **Alternating diarrhea and constipation**
- Gas
- **Mucus in your stool**

According to the Mayo Clinic, many people might experience “mild” symptoms of IBS, however, sometimes this condition is absolutely disabling. Even worse, there are times when your symptoms don't respond well or at all to medical treatment!

Although IBS is not life threatening, it can be very uncomfortable and reduce your overall quality of life. Up to 15% of the population in the entire western world is believed to suffer from some form of IBS (International Journal of Clinical Practice Jan 2006).

Everyone experiences digestive problems from time to time. We may eat something that upsets our stomach temporarily or we might experience gastrointestinal discomfort from exposure to a virus or bacteria. However, some people can develop prolonged symptoms that last for months or even years. When this happens, IBS may be the culprit.

IBS can make it difficult to go about your every day life. It's difficult to go to work or school, for example, when you're experiencing these symptoms. Many sufferers of IBS will say that this condition has had a negative effect on their lives. They often live in fear that they may be overcome with their symptoms in a social environment, for example. This can cause some people to avoid going out in public altogether.

IBS can also make you feel anxious or depressed. This condition can make you constantly uncomfortable or worried when you're in public due to the unpredictability of your bowel movements. You might be driving in your car and then struck by a sense of urgency to use the bathroom over and over again. Obviously, this can take its toll on your personal and professional life.

Causes of IBS

Irritable bowel syndrome can be the result of environmental, physiological or psychological factors—or a combination of all three. Your gastrointestinal system is a complex network of organs that work together to digest food and deliver various nutrients into your bloodstream. When the muscles or nerves in this system experience distress, the disturbance can develop into IBS.

Abnormal functioning of the motor nerves can result in painful spasms in your gastrointestinal tract and this can also be a cause of the many of the symptoms of IBS. Diet changes, certain medications, and several clinical conditions can all cause your nervous system to act irregularly.

Another cause of IBS symptoms may be traced to the bacteria that are naturally found within your intestines. The human body has several strains of “friendly” bacteria living within it and many of these are found in the intestines. These intestinal flora are responsible for helping the body synthesize vitamins, digest food, and absorb nutrients (Clinical Nutrition Feb 1997).

When the bacteria within your gastrointestinal tract are overactive or not working correctly, this can cause poor digestion and absorption of food that leads to excessive gas production. Gas can lead to the painful cramps and other troublesome symptoms that you experience from IBS.

Should You Seek Medical Help?

When you've been dealing with IBS symptoms for a prolonged period of time, you may decide to see a physician to try to identify the problem. Unfortunately, there is no single standard test that may be given to diagnose irritable bowel syndrome, and the symptoms and causes can vary from person to person.

Usually, a physician will request a stool sample to confirm that you're experiencing irregular bowel movements. Then, he or she will try to make sure that you are not suffering from other G.I. diseases. The doctor may request regular blood screenings to rule out celiac disease, for example. Or you may be required to undergo a colonoscopy or endoscopy. In some cases, x-rays, CT scans, MRIs or ultrasounds may be necessary to confirm that you aren't suffering from specific intestinal diseases.

Physicians will tell you that Irritable Bowel Syndrome is sometimes very difficult to identify and treat, since the specific causes are not always known. To help with the symptoms, a doctor may suggest any of the following:

- **Fiber supplements**

Fiber supplements that contain either psyllium or methylcellulose may be able to help relieve constipation.

- **Anticholinergic medication**

These medicines can sometimes help relieve the painful bowel spasms that you experience from IBS-related diarrhea. Unfortunately, they may make constipation symptoms worse.

- **Antibiotics**

If the doctor suspects that the bacteria found in your G.I. system are overgrown, then he or she may prescribe antibiotics. At this time, more research is needed to determine the effectiveness of this treatment.

- **Prescription medication**

This is probably the most common treatment that you will receive from your visit to the doctor. There are different types of medications that are used to treat IBS. The first is **Alosetron** (Lotronex). This medication works by relaxing the colon and slowing movement of waste through your lower bowel (Mayoclinic.com).

There was a time when the FDA removed this drug from the market due to serious complications. Since then, the drug has been re-approved for use in treating IBS, although the potential for side effects is quite high.

Another medication that may be used to treat IBS is **Lubiporstone** (Amitiza). This medication is designed to help adults who struggle with IBS-related constipation, and it works by increasing the amount of fluid secreted by your small intestine. Unfortunately, there are a number of side effects associated with this drug as well, including diarrhea, abdominal pain and nausea.

Unfortunately, many sufferers will become frustrated and experience feelings of helplessness when traditional treatment methods don't work.

If you're suffering from IBS, you should seek out some form of treatment as soon as possible. But where do you go when conventional medical treatment doesn't work?

The answer may be found in holistic therapies.

The “Holistic” Secret

There are countless advantages to holistic therapy, including:

- **Faster relief from pain**
- Living a more balanced lifestyle
- **Maintaining a healthy body and mind**
- Using non-invasive treatments
- **Detoxifying your body from harmful substances found in our food and the environment**
- Addressing and eliminating the root cause of your condition, not just the symptoms.
- **No harmful side effects**
- A healthier immune system
- **Improved energy level**
- Better sleep
- A more relaxed life—free of overwhelming anxiety, stress, and worry
- A better mood

It’s time to take back your life!

The **IBS Miracle™** is a revolutionary eBook that is changing the way people approach their treatment strategy. In this book, I reveal a step-by-step holistic approach for curing IBS permanently. The system is 100% safe and natural. **All the people I've worked with have completely eliminated their symptoms within 3 to 8 weeks of beginning this program.**

I have been in shoes before, and I know exactly how living with IBS is like. I suffered from IBS for 8 years and was constantly in and out of doctor’s offices as I desperately searched for a cure. During this time, I experienced constant pain and discomfort, which prevented me from having any sort of social life.

In fact, I couldn’t go out in public without worrying that I would embarrass myself with repeated trips to the toilet. Eating and drinking in public became a nightmare, because I never knew if it would trigger my symptoms.

Eventually, I was so tired and worn out that all I could do was sleep. My immune system suffered from this stress-filled lifestyle and I was getting sick all of the time. Soon, I began to slip into a depression because I couldn't find any relief.

Does any of this sound like what you have experienced with your IBS condition?

The **IBS Miracle™** system cured me from Irritable Bowel Syndrome and it can do the same for you.

With the **IBS Miracle™**, you will discover:

- **The “hidden” link between your current lifestyle and Irritable Bowel Syndrome**
- What foods to avoid that might trigger symptoms
- **Secret and powerful herbal remedies for your symptoms that you can use right now**
- Why 99% of people are using the wrong methods to treat their IBS

IBS Miracle™ readers have saved hundreds of dollars on prescription medications, tests, and doctor visits by following this easy-to-use guidebook. In fact, many readers have completely changed their lives as a result of the **IBS Miracle™**.

According to former IBS sufferers, this is a **life-changing system** that you *must* try if you want to eliminate your condition once and for all. It is up to you to take action and discover how the **IBS Miracle™** can help you feel like a new person—free of the symptoms that have weakened you for so long.

If you're looking for immediate relief from the pain, discomfort, and worry of IBS, you should consider the IBS Miracle. It's time to get your life back, and the IBS Miracle can help.

And remember, my system is backed by a 60 day, full, no-questions-asked, money back guarantee. I want to give everyone the chance of getting rid of their IBS forever, so please try it, and if for any reason you are not satisfied with it, simply email me within 60 days of your purchase and I'll refund you fully - no questions asked.

Please note that your purchase and refund policy is fully secured by ClickBank, which means that even if I fell off the edge of the earth or aliens

abducted me - Clickbank would honor your request for a refund...because that is their policy.

Try The IBS Miracle™ Risk-Free Here:

www.theibsmiracle.com

Talk soon!
James Walden
Nutrition Specialist and Health Consultant
support@theibsmiracle.com