



# Irritable Bowel Syndrome

By: Susan Higley

It is estimated that about one in five adults between the ages of twenty-five and forty-five experience the symptoms of Irritable Bowel Syndrome (IBS). Twice as many women suffer from the condition than men. IBS is also called intestinal neurosis, mucous colitis, spastic colitis, or spastic colon. In IBS, the normally rhythmic muscular contractions of the digestive tract become irregular and uncoordinated. This interferes with normal movement of food and waste material, and leads to the accumulation of mucus and toxins in the intestine. This accumulated material sets up a partial obstruction trapping gas and stools, which in turn may cause bloating, distention, spasms, constipation or diarrhea. Symptoms of IBS may include:

- Flatulence
- Intolerances to certain foods
- Abdominal pain/spasms
- Constipation or diarrhea
- Bloating
- Nausea
- Mucus in the stools

People with severe IBS tend to isolate themselves in fear, however most can lead active productive un-isolated lives if they change their diets, drink plenty of water and get regular exercise. For example: Eat a high fiber diet including plenty of fresh fruits and vegetables, plus whole grains (especially brown rice) and legumes. Fibers such as Psyllium powder, oat bran, and ground flaxseeds help regulate bowel movements. In addition, there are foods you should avoid:

- Animal fats
- Caffeine
- Sugar
- Orange and grapefruit juice
- Mannitol and sorbitol
- Processed foods
- Carbonated beverages
- Candy
- Sugar free chewing gum
- Fried foods
- Nuts
- Margarine
- Coffee
- Chocolate
- All dairy
- Spicy foods
- Seeds
- Wheat

Pay attention to gas-producing foods such as beans, broccoli, and cabbage to see if they are causing your symptoms. There are many nutritional supplements and herbs that reduce the symptoms of IBS. We know these products work well because so many of our customers have confirmed their efficacy. The most commonly used are:

- Peppermint
- Charcoal
- Chamomile
- Fenugreek
- Fennel
- Licorice
- Slippery Elm
- Ginger
- Acacia
- Skullcap
- Chlorophyll
- Milk Thistle

This article is not intended as medical advice; visit your medical doctor for that. Please stop by our vitamin store and health-learning center and let us show you the many natural products we sell that may help relieve your IBS symptoms. Until next time, I leave you with this message. You can develop and maintain vibrant health, abundant energy, and mental clarity. All you need is a little knowledge, will power, and determination, lots of patience, and the daily practice of good habits. Eat Well, Sleep Well, Be Well.

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