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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Causes Of Ibs

By Susan Reynolds

Irritable Bowel Syndrome is a disorder that affects millions of Americans each day. A condition that causes abdominal pains, diarrhea, constipation, bloating, or a combination of those symptoms, IBS is a disorder that is illusive in nature.

The reason that IBS is so intriguing is the fact that it has no known cause. There are theories about the causes of the disorder, but if a doctor was to examine an IBS patient's intestine, the results of that examination might shock you. The intestine would appear to be normal in every way with no apparent damage.

If this is true, what causes IBS? Finally, as technology and research evolves, more theories are developing on possible causes of IBS. In the past, many IBS patients were deemed "hypochondriacs". Was the disease really in their head?

One of the theories of the cause of IBS has to do with stress. Patients who suffer from IBS notice that their symptoms are greatly agitated when anxiety levels are the highest. This is mainly due to the fact that stress can bring on the muscle spasms that often either trap gas and fecal matter in your system or rush food through your system. The results are either constipation or diarrhea. In many cases, severe abdominal pains accompany this constipation or diarrhea.

Other possible causes have been suggested. Some of these are immune system malfunction and sensitive reactive colon. These were two of the more common theories, but many doctors are beginning to think otherwise as research continues.

It is possible that irritable bowel syndrome can be due to a large amount of bacteria in the small intestine. This could explain the change in bowel movements, gas, pain, etc. Since there are so few bacteria in your small intestine, a rapid increase in bacteria could really impact on your system.

Another possible cause of IBS is intolerance of foods. Depending on the individual, certain foods which would be harmless to the average person can cause an IBS episode. If an IBS patient can identify these "trigger" foods, they can remove those foods from the diet, cutting down the IBS symptoms. The

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good news is that doctors often say that, after taking a break from those foods, they can later be reincorporated into your meal plans.

The bottom line, unfortunately, is there is no known cause for IBS. Doctors have theories, and many medical professionals believe some of the above mentioned things can contribute to IBS symptoms. The truth is that the real root of IBS is a mystery. As research continues, we can hope to eventually find a definitive answer. Until then, if you are suffering from the disorder, you can be comforted by the fact that your doctor can help you devise the best treatment plan to help you cope with this disorder. Many patients suffering from the disorder have learned to control their symptoms and resume their full, active pre-IBS lives. It is also important to seek a proper diagnosis to ensure that you aren't suffering from another type of similar IBD.

Susan Reynolds has an interest in Health related topics. For further information on IBS please visit

<http://www.natural-irritable-bowel-syndrome-relief.com/ibs.html>

or on

<http://natural-irritable-bowel-syndrome-relief.com/blog/2006/08/04/causes-of-ibs/>

Symptoms Of IBS

By Susan Reynolds

IBS is a disorder affecting approximately 20% of the population. In its mildest cases, IBS can frustrate patients and cause anxiety. In severe cases, it can totally affect a patient's life, limiting their activities, causing them to quit their jobs, and prompting a reclusive lifestyle.

Irritable bowel syndrome is not a disease. In fact, although the problem occurs in the patient's intestine, there is no obvious reason for the disorder. Affected patients have not suffered damage to the intestine and have no apparent intestinal abnormalities. This is the key reason why doctors have yet to identify a true cause for the disorder.

Many people think that IBS is synonymous with diarrhea. While some IBS patients do exhibit diarrhea, this is not the only symptom of IBS. This disorder is often accompanied by other bothersome issues like pain and discomfort in the abdomen, retention of water, and changes in bowel movements. Those changes can come in either the form of diarrhea or constipation. Some patients alternate between the two. The severity of a patient's symptoms dictates how much their lives are affected. From missing school, work, or staying at home for fear of IBS episodes, it is easy to see why IBS is such a serious disorder for the patients it affects.

The first type of IBS is IBS-A. Patients suffering from IBS-A do not have consistent symptoms. In fact, on some days, an IBS-A patient may suffer from bloating and constipation. On other days, that same patient will suffer from diarrhea.

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Unlike IBS–A, IBS–C patients are usually constipated. They suffer from a bloated feeling and often stomach pains. The main characteristic of this type of IBS is that the patient is often constipated. Patients usually experience these symptoms at least twelve weeks a year. Different from chronic constipation, this is truly a painful disorder.

Then there's IBS–D. Patients with IBS–D suffer from diarrhea. When they become particularly nervous or upset, it can spark an IBS episode. By the same token, an IBS–D patient may find that certain foods bring on these episodes. Depending on the severity of the disorder, patients can truly be devastated by this type of the disorder. More common in men than women, often patients have a fear of eating out in restaurants since they often feel the affects of the food immediately via irrepressible diarrhea.

If you are exhibiting any of the symptoms of IBS, it is important to seek medical attention for proper diagnosis. A doctor can't immediately label you as an IBS patient since there is no clear–cut evidence of the disorder to be found. Through a series of tests, a thorough examination of your history of symptoms, and the ruling out of other conditions, a doctor can then make a diagnosis. With technology and pharmaceutical aids advancing each year, there are more options than ever for patients suffering from IBS. Talk to your doctor about ways you can take control of IBS so it doesn't control your life.

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