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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!

I'm Whispering! IBS An Unpleasant Subject

By Melinda Kempenich

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What is IBS? It is known as Irritable Bowel Syndrome, and also has a variety of names such as: Mucus colitis, Nervous Colitis, Spastic colon, Nervous colon, Irritated colon, Unstable colon. It is actually one of the most common intestinal problems and often responsible for work absenteeism.

Many women unfortunately deal with symptoms of irritable bowel syndrome months before they seek help. Many are just too embarrassed to seek help. IBS is prevalent in the US and affects one in five adults, three times as many women as men. In a recently conducted poll, 58 percent of health care practitioners said IBS was easy to diagnose. Yet the 3,000 women sampled in the survey said it took more than three years and trips to three different doctors to finally get an IBS diagnosis.

While the exact cause of IBS is unknown. In people with this problem the nerves lining the colon are thought to be more sensitive than normal to bowel contractions and the passage of gas and fluid, causing pain and cramping. The nerves that control the muscles in the gut may overreact to stimuli like gas or the passage of food following a meal. This may cause painful spasms and contractions that speed or slow the passage of stool through the colon, resulting in diarrhea or constipation. Together, these actions create a painful cycle. Symptoms are often numerous and vague. In some women, having a bowel movement will often relieve the pain.

It is very important that pain associated with irritable bowel syndrome does not wake you up at night. If it does, contact your health care provider to rule out other more serious conditions. Also there is no association between IBS and weight loss and/or bleeding. If you have either of these symptoms, again, contact your health care provider immediately.

So how does one diagnose IBS? Unlike other medical conditions, there are no good screening tools or tests for IBS. Once diagnosed, there are several options for treatment. It's important to understand that there is no cure for irritable bowel syndrome. The goal of treatment is to lessen the symptoms. Depending on your symptoms, your health care provider may include one or a combination of different approaches. These may include diet therapy, especially if food triggers can be identified. Fiber supplements, drugs, psychological counseling, behavior therapy, and hypnosis may also be

suggested. Some scientists believe a virus or bacterium may play a role as well as stress and diet.

One resource to look at would be "friendly bacteria" as they play a vital role in our overall health. There are billions of bacteria residing in the gastro-intestinal tract. Some of them are "friendly" bacteria while others are harmful with the potential to cause disease. Friendly bacteria fight against harmful micro-organisms by altering the acidity of the region they inhabit making it inhospitable for unfriendly bacteria. They produce specific antibiotic substances, and they deprive unfriendly bacteria of their nutrients. The overuse of antibiotics, antacids, or laxatives, can often disturb the bacterial microflora of the bowel. Probiotics is a term used to describe organisms that benefit life by inhabiting the intestinal tract. Acidophilus benefits the small intestine. Bifidus benefits the large intestine. They replenish the "friendly bacteria", and are needed for digestion and for the manufacture of the B vitamins.

Another important resource is blue-green algae which contains vitamin K, needed to build intestinal flora for proper digestion, and chlorophyll for healing and cleansing of the bloodstream. Freeze dried blue-green algae is enzymatically active to aid in digestion and assimilation of nutrients among a host of other benefits to our overall health.

Irritable bowl syndrome is painful, but not serious, and most people who have it can lead active, productive lives if they change their diets, get regular exercise, and replace needed nutrients. So rather than to suffer in silence, please know that you are not alone and do seek help from a health care provider if you cannot find comfort or have unanswered questions or concerns. Optimal health is attainable by making sure your body has the three basic biological requirements, enzymes, friendly bacteria, and minerals.

Sources: AWHONN (Association of Women's Health, Obstetric and Neonatal Nurses), Cell Tech, Prescription for Nutritional Healing by James F. Balch, M.D. and Phyllis A. Balch, CNC

Melinda Kempenich is the mother of three children and the wife of a state representative from the great State of North Dakota. You can find more informative articles and information on health at her website Health So Serene @ www.healthsoserene.info If you would like to receive a free brochure on Enzymes, Probiotics, or Super Blue Green Algae, please visit her website or e-mail her at mybabies58623@yahoo.com, she'd love to hear from you. You may also send a written request to her at Melinda Kempenich, 9005 151st Ave SW, Bowman, ND 58623-8857

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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.

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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.

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.

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

or

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