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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!

Overview Of IBS

By Susan Reynolds

For the many Americans who suffer from IBS, Irritable bowel syndrome isn't just a problem. It's a way of life. IBS refers to a condition that is characterized by the large intestine not operating in the way that it should. Not really a disease, IBS is a disorder. The interesting thing to note is that patients who suffer from IBS exhibit no abnormalities in their intestine nor have they sustained intestinal damage. That is the real mystery of the disorder.

For this reason, no clear-cut cause for IBS has ever been established. There are some observations and theories on the subject. One thing that experts do note is the fact that IBS appears to include both sensitivity and muscle spasms in the large intestine. Because of this, gas and stool move quickly through the small and large intestines. Patients suffering from IBS may notice that this condition escalates when they are suffering from great amounts of stress. When life is going smoothly, and patients are at ease, the symptoms often fade tremendously.

Patients suffering from IBS have to endure a variety of symptoms. Among these are bloating, diarrhea, sometimes constipation, lower stomach pain, and cramping. The pain that comes along with IBS isn't a constant pain. It can disappear for days or weeks even. The pain often goes away after a patient has a bowel movement.

If you are suffering from IBS, the muscles and nerves that reside in your large intestine have strong responses to outside factors such as stress. Certain foods that don't bother most people can spark stomach muscle contractions that lead to diarrhea when the food is sped through your digestive track.

An extremely common disorder, IBS affects about one in every five Americans over the age of twenty. Because of the embarrassing nature of the disorder, many people do not seek medical attention for this problem.

Depending on the severity of your disorder, it can range from annoying to life-altering. In severe cases, it can cause people to be unable to leave the house, maintain a job, or lead an active life. For this reason, it's important to seek medical attention, garner a diagnosis, and discuss treatment options.

Overview Of IBS

IBS differs from other irritable bowel disorders, especially in the fact that there are no abnormalities in the intestines and no apparent cause for the episodes. A doctor makes the diagnosis mostly by evaluating your symptoms and ruling out all other possibilities. Your doctor will more than likely order a series of tests to ensure that you do not suffer from another type of irritable bowel disorder or even a more serious condition.

If you are one of the millions of Americans who suffers from IBS, take comfort in the knowledge that you are not alone. With around 20% of the population suffering from this disorder, it is nothing to be ashamed of. Talk to your doctor about methods of coping with this disorder. Don't let IBS control your life. Many patients lead normal, rich, complete lives.

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

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

or

<http://natural-irritable-bowel-syndrome-relief.com/blog/2006/08/26/overview-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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