

# Irritable Bowel Syndrome

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Millions of Americans suffer from irritable bowel syndrome (IBS), a disorder that affects the entire gastrointestinal tract that produces intense abdominal pain, constipation or diarrhea. Irritable bowel syndrome affects all age groups from infants to seniors. The symptoms of irritable bowel syndrome vary greatly. Stress and anxiety seem to be the number one cause of IBS episodes. Irritable bowel syndrome affects women three times more than men mainly because women are especially sensitive to stress stimuli.

Many health care practitioners think a more appropriate name for irritable bowel syndrome should be stress bowel syndrome. This name seems appropriate due to the pattern of emotional symptoms. Periods of stress, depression and grief frequently exacerbate episodes of irritable bowel syndrome. During times of stress the stomach is one of the first areas of the body to be affected. When you are under stress try to eat lighter meals and stop eating before you feel full or the food will not digest.

There is no specific test for IBS. The typical diagnosis used by health care practitioners is one of exclusion, which is achieved by ruling out other disorders such as food allergies, diverticulitis, parasitic infections, salmonella and ulcerative colitis. A physical exam will not reveal anything unusual except tenderness over the large intestine. Blood tests and stool samples are used mainly to rule out other problems such as inflammatory bowel syndrome.

There are multiple causes of irritable bowel syndrome that can be treated and corrected such as common food allergies or food intolerances. Common food allergies have been found to occur from eating wheat, eggs and dairy products. To establish the specific foods you are allergic to have a food allergy done. This requires one blood draw that is sent to the lab for accurate processing. If your IBS symptoms are due to foods, some of the symptoms will include a rapid pulse, palpitations, headache and some flushing of the skin. When the symptoms first occur take Alka Seltzer Gold. Alka Seltzer Gold has a special combination that

neutralizes the allergic response. Many IBS symptoms diminish when digestive enzymes are added to the daily regimen.

Fatigue, both emotional and physical, can increase the symptoms of IBS. Chronic pain syndrome, increased stress, anxiety or depression, grief from separation or death of a loved one will magnify the IBS symptoms.

Individuals who have a history of long-term drug use, antibiotics, antidepressants, tranquilizers or even pain medication can experience upset bowel and cause toxic reactions. Other causes of IBS may be nutrient deficiencies such as B vitamins, magnesium and amino acids. Chronic hyperventilation or swallowing too much air causes the stomach to swell and distend. All of these can be corrected and IBS controlled without the use of any toxic medication.

The following are the symptoms of irritable bowel syndrome experienced by most individuals:

- Bloating, excessive gas
- Abdominal pain, full feeling
- Mucus in stools
- Very small bowel movements
- Rectal discomfort
- Fluid Retention
- Poor appetite, weight loss
- Constant craving, mainly carbohydrates
- Headaches or backaches
- Tightness around the waist
- Constant urge to have a bowel movement

There are several common IBS irritants. If you take antibiotics always add high potency acidophilus to keep the proper amount of friendly bacteria in the intestine and colon. Smoking, alcohol and caffeine are known IBS irritants. Wine, especially red wine, has been found to contribute to the discomfort of individuals with IBS. All alcohol should be discontinued if you are having problems with stomach or colon.

## NUTRITIONAL SUPPORT PROGRAM

- Add **digestive enzymes** to your daily meals along with **ginger**. Ginger has a calming effect on the stomach.
- To enhance the immune system and give your body a complete vitamin, mineral and amino acid formula, use two scoops of **Brain Link** every morning.
- Add a heaping teaspoon of **flax** for needed fiber.
- For stress and anxiety take two **Anxiety Control** morning and evening.
- Magnesium in the diet of those who suffer from IBS is extremely important. The best source of magnesium is magnesium chloride, found in **Mag Link**. Your program should include two in the morning and two in the afternoon. If you are over 200 pounds use six daily. Another alternative would be **MagChlor 85**. This is a concentrated magnesium chloride in drop form. Take 7-10 drops twice to three times daily.
- Vitamin C – this should be taken in the form of **Ester C**, a totally neutral C that does not upset the G.I. tract or cause stomach upset. Take 1,000 milligrams in the morning and in the evening.
- **Vitamin E** – 400-800 I.U.'s daily.
- **B Complex** – capsule form; one every morning with food.
- **GABA 375** – If your stomach is upset or you are anxious, open a capsule of GABA 375 and put it in warm water and drink it a few minutes before eating. (Note – cold water causes the stomach muscles to contract. Use water without ice for better digestion.)
- If you have bouts of diarrhea use one or two scoops of **Glutamine powder** in water or fruit juice daily.
- **Colon Balance** – one capsule three times daily with water.
- **LT (theanine)** – two capsules twice daily readily crosses the blood-brain barrier to increase alpha brain waves in the brain that produce muscle relaxation and decrease stress and tension.

- **Green Tea**, 500 milligram – 1 capsule daily supports your immune system and helps maintain gastrointestinal health.

## REFERENCES

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### FOR YOUR INFORMATION

According to a study published in The Annals of Internal Medicine taking a multiple vitamin might help prevent colon cancer. The study found that in women who got at least 400 micrograms of folic acid from a daily multivitamin lowered their colon cancer risk by 75 percent. Only women were studied, but other research suggests folic acid has similar effects in men. However, researchers emphasized that although evidence favors folic acid supplementation, exercise and a diet rich with fruits and vegetables remain essential to colon cancer prevention. About 47,000 Americans die from colon cancer every year.

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