

Prebiotics For IBS - A Safe Alternative To Drugs

You are a sufferer of IBS and are looking into natural relief, then good for you. Not everything works for everybody but there are so many things you can, and needs to experiment with because those who choose the option of prescription drugs might be in for side effects that are even worse than the symptoms that they are trying to treat.



Relax, Let Yourself Go, Relax, Transfer to the Music

I bet you can just feel yourself recovering? Dance can perform miracles for all sorts of people and their situations, all of us have felt that stimulating feeling when you dance that makes everything seem so calm and material. Dance is know to lower strain on the sympathetic nervous system and lets out endorphins and enkephalins, our own natural painkillers, tranquillisers and feelgood factors. These effects reduce digestive tract sensitivity, avoid spasm and allow a free flow of residue through the system.

- Absorptive capabilities (ability to build up on a surface area) of the clay lie in the fact that its molecules are negatively charged.
- When the clay travels through the digestive tract, it draws in the toxins which are positively charged.
- When they come close, they are bound together.
- They exchange ions and therefore the toxic molecule is absorbed by the clay molecule.

Tina Hobin, the author of "Belly Dance your Way to a Beautiful Mind, Body and Soul" writes "The ancient Shamans discovered that by reactivating the solar plexus and hips, the motions of the belly dance embody natural healing powers and help heal stomach discomfot and create a feeling of well being." Over the years she has seen many women with IBS attend her classes and she determined that the motions of the dance are very effective to their health and general health.

Celiac Disease

Stomach bloat is often one of the first visible symptoms of celiac disease, an autoimmune disease where the body is unable to correctly process gluten. Other symptoms include bouts of irregularity and diarrhea, and over time, the condition can cause fairly extreme damage to the small intestine. There is no remedy, and the only treatment is to avoid all contact with gluten and foods that contain gluten.

- Pure organic bentonite clay usually doses not cause any side effects.
- However, more research is needed for finding out the side effects of the clay.
- Till then, it's smart to speak with a health care professional before using it.



IbsDiarrheaNausea

These were some of the most important reasons that mucous can appear in urine. Though it's a very personal thing, don't shy away if you observe mucous in your urine, get it checked from your doctor as soon as possible to avoid serious complications.

With a balanced fiber intake through food and/or supplements, you need to get both insoluble and soluble fiber. Soluble fiber is the prebiotic one which feeds the good bacteria in the intestines. Insoluble fiber, also known as roughage, plays a big part due to the fact that it is your inner broom which sweeps up all the mess and organizes it to form stools so it can ideally make a fast and easy vacation.

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