

Soluble Fiber Foods for IBS

Irritable bowel syndrome (IBS) diagnosed in both men and women strikes the large intestine (colon). As we all know, the colon is mainly involved in the elimination of feces. So, with the start of IBS, one experiences a change in defecation that appears in the form of **diarrhea** or **constipation**. Apart from frequent or irregular bowel movement, the person is likely to suffer from abdominal pain, bloating and gas. Managing **IBS** ends up being a simple job if soluble fiber foods are included in the diet.



Most of the Foods that Trigger IBS Tend to be Very High in Fat and Insoluble Fibre

In addition, foods that contain lots of caffeine are known to function as triggers for this painful and awkward condition. It would be best if you avoided these foods that can irritate your gastro intestinal system. As long as you can avoid these foods in your diet you will be able to lead a fairly normal life without denying yourself of delicious foods or trips to restaurants.

Treatment Depends on the Cause

The treatment relies on the underlying cause and the severity of the problem. For example, if the problem is celiac illness, then the alternative is to follow a gluten-free diet, and the administration of immunosuppressants. If the cause is IBS, then the doctor will prescribe laxatives, and you will be recommended to take in fiber supplements, although it is much better to go in for fiber-rich foods. For Crohn's disease, besides anti-inflammatory drugs, immune system suppressors, steroids and antibiotics, a low-fiber and low-residue diet plan will be recommended.

Besides this, Multivitamin and Mineral Supplements Will be Recommended

If ulcerative colitis is the problem, then well balanced meals are a prerequisite. For most of the causes, some rest and appropriate consumption of liquids for hydration will be advised. It is for that reason recommended to consult your doctor for a proper diagnosis and associated treatment. However, following a healthy and well balanced diet, and avoiding food that a person is allergic to, are some of the preventive measures that can be taken to prevent the problem of diarrhea and stomach ache.

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