

# Spastic Colon Remedies

**S**pastic colon, which is another term for **irritable bowel syndrome (IBS)**, is characterized by abdominal bloating and cramping. Although there is no cure for this condition, it does not normally trigger any permanent damage to the colon. The symptoms can be quite annoying and uncomfortable, but can be easily managed through some dietary and way of life changes, with or without medications. Most of the **spastic colon** patients find enhancement in the symptoms with these simple remedial measures and healthy lifestyle changes.



## Dietary Modifications

Parents can keep track of the different kinds of foods consumed by their kids, and make a note of the ones that trigger the symptoms of **IBS**. Foods which can trigger IBS may vary from kids to kids. However, the ones which have been found to be common in all include spicy foods, chocolates, dairy products, high-fat foods. So parents need to ensure that these kinds of foods must be given in limited total up to their kids when healthy, and must be completely prevented when they are suffering from IBS.

- Irritable Bowel Syndrome (IBS): It is said that around 95% of individuals with IBS suffer from regular bloating.
- Mainly seen in females, IBS can cause other symptoms like nausea, abdominal pain, and change in bowel habits.
- Distension of the stomach is very common with bloating triggered by IBS.
- The degree of distension increases with every meal.
- Irritable bowel syndrome may be related to other conditions like migraine, fibromyalgia, depression and anxiety too.



Spastic Colon Constipation Diarrhea Irritable Bowel Syndrome Ibs

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**Pain in Lower Left Abdomen** Abdominal pain can either be a symptom of some disorder or a transient condition in itself. There are some essential organs situated near the abdomen. For that reason, a disorder that occurs in any of these organs can result in pain in the abdomen....

## The Treatment Depends Upon the Exact Cause

Nevertheless, consuming a high-fiber diet would definitely help one avoid this condition, most of the times. Consultation with a trusted physician is a must, as a delay could lead to further complications.

## Check Out the Different Products that are Out There

Find a supplement that contains the right mix of probiotics and prebiotics to give your body the support that it requires. \* That will allow you to trust that you have the best probiotic supplement every time. \* When your body is in balance, it just works much better, and probiotic IBS supplements can give you that support. \* Getting relief from IBS is easy if you know how to find the very best probiotic supplement in the first place. \*

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