

The Best Treatment For IBS - Possible Causes Of IBS

Irritable Bowel Syndrome, whilst not life threatening, can be debilitating. People can suffer various symptoms and experience different degrees of discomfort. There is no one-off miracle remedy; however many people respond well to treatments, be it lifestyle changes, improvements in diet or medication. The key is to understand your IBS, and to work out what is the best treatment(s) for you.

- One of the main reasons for IBS, like a lot of problems relating to the body is self-induced.
- By this I mean you are the cause of the results of what food you eat.
- Many individuals regrettably, fast eat their meals and do not get proper digestion of their food.
- Likewise people tend to eat far too much junk food, take away food, crisps and quick sweet snacks.



Antibiotics Such as Metronidazole and Vancomycin

There are others - are effective at **treating IBS** signs of **constipation** or **diarrhea**. This suggests that an over-production of bacteria in the intestines may be the root cause of **IBS**.

Ovarian Cysts

Fluid-filled sacs formed in the ovary are called ovarian cysts, which may be formed at the time of ovulation. Besides irregular menstruation, pain during bowel movements and pelvic pain, bloating is also an indication of existence of ovarian cysts. The gynecologist will determine the size and severity of the ovarian cyst and will suggest the required treatment. The person will get relief once the cyst has been dealt with.

For Lots of, Their IBS Signs are Exacerbated by Stress or Emotional Conflict

Research into this area has to yield any clear correlation, and stress is not considered a cause of IBS. However, stress management can form an important part of **IBS treatment**.

There are No Specific Causes of IBS

According to medical studies, it was revealed that a majority of the patients with this bowel disorder have a sensitive or an overactive intestinal tract. The diagnosis of IBS is done based on the physical examination and medical history of the patient. In order to rule out other medical conditions, the doctor may think about performing blood tests and stool test. The symptoms of IBS can be controlled effectively by managing stress, diet, and way of life changes.

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Excessive Gas at Night Avoiding a heavy meal and taking a light walk before hitting the sack can help to avoid extreme gas at night. Firstly, it is required to know about the origin of gas in the intestinal tract. It is observed that the big intestinal tract host...

IBS is Neither Ageist nor Sexist

It affects both young and old and male and female. It is estimated that 10-20% of people may suffer IBS eventually. Women with a menstruation are more prone to IBS and it is believed reproductive hormones may be a factor.

Benefits

According to the majority of manufacturers, there are numerous benefits of flaxseed oil that are evident due to its dense dietary value and calories. It has a great deal of healing properties, and thus, the massage of flaxseed oil is found helpful for the treatment of bruises, strains and sprains. This oil also contains numerous essential fatty acids that work for lowering blood cholesterol levels, and improving the health of the cardiovascular system. It is also useful for the treatment of osteosclerosis, angina, hypertension, various types of arthritis, etc.

Is Also Found Useful for Digestive Health

It is used as a remedy or home remedy for digestive system problems like **irritable bowel syndrome** (IBS), inflamed intestine, intestinal swelling, constipation, etc. Flaxseed oil is also advantageous for numerous skin problems like eczema, dry eyes, acne, psoriasis and rosacea. It is also found effective in the treatment of Sjogren's syndrome, which is a type of autoimmune disorder. Apart from all the above mentioned health benefits, this oil is also handy for various problems related to females's health, like pre menopause and post menopause syndrome.

Artificial Sweeteners

Artificial sweetener, especially sorbitol, is commonly used in sugar-free candies and chewing gums. It causes diarrhea and other bowel problems. Hence, an individual with IBS must avoid consuming artificial sweeteners.

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