CONQUERING PAIN FROM IRRITABLE BOWEL SYNDROME

YOUR STEP-BY-STEP GUIDE TO REDUCING OR ELIMINATING IRRITABLE BOWEL SYNDROME

ADAM GLASS
<table>
<thead>
<tr>
<th>Table Of Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>INTRODUCTION ......................................................................................... 4</td>
</tr>
<tr>
<td>CHAPTER 01: WHAT IS IRRITABLE BOWEL SYNDROME? .................................. 5</td>
</tr>
<tr>
<td>CHAPTER 02: IS IT A SEROTONIN DEFICIENCY? ........................................... 6</td>
</tr>
<tr>
<td>CHAPTER 03: TRIGGER AND TREATMENT ................................................. 8</td>
</tr>
<tr>
<td>CONCLUSION .............................................................................................. 10</td>
</tr>
</tbody>
</table>
INTRODUCTION

A common problem, one that affects up to 10% of the American adult population, is Irritable Bowel Syndrome (IBS). It is estimated that over one-third of visits to gastrointestinal specialty clinics are for IBS. Due to the embarrassment related to the condition’s symptoms, very few people speak about it.

This report will cover what IBS is, the different types, the possible usefulness of using serotonin therapy to treat it, and what other treatment methods exist for it at the moment.
CHAPTER 01: WHAT IS IRRITABLE BOWEL SYNDROME?

Irritable Bowel Syndrome is a disorder that affects the large intestine, commonly causing cramping, abdominal pain, bloating, gas, diarrhea and constipation. It is a chronic condition that can only be managed, not cured. Symptoms can vary in severity from day to day, but chances are good that they will not get worse over time, and neither will it put you at risk of serious diseases.

There is no clear cause of IBS, and it may be different for different people. It may be due to problems with the way signals are sent between the brain and the bowels, problems related to digesting certain foods, a result of stress or anxiety, or a serotonin deficiency, researchers just aren’t sure at the moment.

There are three main types of IBS. The first results in frequent diarrhea without pain, the second is pain and constipation, and the third is a combination of the other two.
CHAPTER 02: IS IT A SEROTONIN DEFICIENCY?

Even though scientists have been unable to find a root cause for IBS, there is some evidence to suggest that it might be caused by a deficiency of serotonin. There are numerous links between IBS and other disorders that are linked with a deficit of serotonin.

For instance, one such disorder is fibromyalgia, and the leading theory on it is that it is caused by a serotonin deficit. There is a significant crossover of the two patient groups as well, with 70% of fibromyalgia patients suffering from IBS and 65% of IBS patients suffering from fibromyalgia.

Depression and anxiety, two conditions that are closely linked with serotonin deficiency, are also common among those who have IBS. Stress is also one of the most potent triggers of IBS, as 80% of IBS sufferers get its symptoms when they are under stress. Premenstrual syndrome, usually characterized by a serotonin deficiency, also contributes to IBS symptoms. Those with IBS usually find their symptoms exacerbated by PMS.
Although it is not a hundred percent clear how a serotonin deficit contributes to IBS, it has been shown to contribute to stress. This is important because digestive organs do not function effectively under stress. Also, your muscles are under tension when you are stressed, which can lead to tension of the bowel muscles. This can interfere with your digestive system as well.

When your digestion is interfered with, it can become a lot more difficult to digest foods. Basically, when your digestive system is disturbed, your bowel muscles spasm and cramp, leading to bloating, constipation, gas, diarrhea and pain. Most people get these symptoms occasionally due to stress, but when it happens frequently it is due to IBS.

Since there is a lot of evidence pointing towards serotonin deficit as a cause of IBS, it is important for all sufferers to maintain stable, high levels of serotonin. However, it is important to note that more research needs to be done in this area before any conclusions are drawn, but it does look promising.
CHAPTER 03: TRIGGER AND TREATMENT

There are a couple of ways to treat Irritable Bowel Syndrome, and one of the best is to improve your general digestive process by modifying your diet. Basically, you will have to avoid foods that are hard to digest and eat nutrients that improve digestion.

The most important foods to avoid are the ones that can cause allergic reactions, or food sensitivities. Often, these aren't broken down properly by the digestive system and end up disrupting it. One example is milk, and other dairy products, since many people have an intolerance to lactose.

It is especially hard for older people to digest lactose, as when we age we secrete less of the enzyme that breaks it down. The doctor can give you a test that will determine if you are lactose intolerant. Whether you are or not, it is advisable to avoid dairy products if you have IBS. If you do, you'll need to take calcium supplements to get about 1,000 to 1,500 mg every day.
Another frequent trigger of IBS is fat, especially animal fat. One reason it does this is because it stimulates the release of the hormone called cholecystokinin, which causes colon contractions. Fat doesn't mix well in the intestines with other water-soluble foods either, since oil and water don't mix. When this happens, the normal rhythmic contractions of the intestines are disturbed.

Other foods that trigger IBS symptoms are sugar, citrus fruits, caffeine and cruciferous vegetables (such as broccoli and cauliflower). All of these tend to irritate the colon. However, triggers can differ from patient to patient, so it is advisable for you to go on an elimination diet to find out which foods are yours. Also, it is important to eat a diet high in fiber, as this can help alleviate symptoms of IBS.

In addition to avoiding trigger foods, you can also eat certain nutrients (such as yoghurt) to improve digestion. Peppermint oil and ginger root are good as well, because they promote bowel health by relaxing the muscles there. Psyllium seeds are a worthy supplement too, because they are high in fiber.

Digestive enzymes, such as chymotrypsin, trypsin, and protease (which breaks down protein), amylase (which breaks down starch), and lipase (which breaks down fat), have been shown to help some IBS patients. Almost all health-food stores stock digestive enzymes, and many people find it easier to get a digestive enzyme formulation that gives a variety of enzymes.

There are various medications that have been shown to alleviate IBS symptoms.

These includes:
- antidepressants
- antispasmodic drugs
- mild opioids
- anti-anxiety drugs
- bile acid sequestrants
- over the counter medicine Smithsonian

Keep in mind that you should consult your doctor and consider the side effects before taking any medication.
CONCLUSION

Irritable Bowel Syndrome is a constant source of discomfort and embarrassment for millions of people every day. However, with a modified diet, and the occasional use of medications, you can live a relatively worry-free life even if you suffer from it.

Adam Glass