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Digestion: Soothing Irritable Bowel

Dr. Ritamarie Loscalzo

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Irritable Bowel Syndrome (IBS)

IMPORTANT: There are no direct tissue changes, ulcerations, or inflammation. IBS is a functional vs. organic issue.


Symptoms of IBS

- ✓ Abdominal pain
- ✓ Cramping
- ✓ Diarrhea
- ✓ Constipation
- ✓ Alternating constipation and diarrhea
- ✓ Bloating



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Types of IBS



- ✓ **IBS – D**
 - Diarrhea more than 25% of the time
 - Constipation is rare
- ✓ **IBS – C**
 - Constipation more than 25% of the time
 - Diarrhea is rare
- ✓ **IBS – M**
 - Alternating constipation and diarrhea
 - Both occur more than 25% of the time

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Overcoming Irritable Bowel Syndrome (IBS)




- ✓ Identify and avoid stressor foods
 - Gluten and dairy are common
- ✓ Check out digestive enzyme status and replace as needed
- ✓ Heal the lining of the gut
- ✓ Calm the gut
- ✓ Restore gut flora
- ✓ Chew papaya enzymes every few hours (5 of them have shown to be helpful)
- ✓ Drink soothing gut juices, broths, and smoothies
- ✓ Possibly avoid raw vegetables for a month to allow things to calm down

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Carminative Herbs for IBS

What They Do	Common Herbs
✓ Reduce gas and bloating	✓ Dill
✓ Enhance digestive secretions	✓ Fennel
✓ Tone the digestive tract	✓ Ginger
✓ Reduce smooth muscle spasms	✓ Caraway
✓ Increase peristalsis	✓ Cinnamon
	✓ Turmeric
	✓ Clove
	✓ Cardamom
	✓ Chamomile
	✓ Oregano
	✓ Rosemary
	✓ Thyme



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Natural Anti-Spasmodics for the Digestive Tract

Herbs and Foods

- ✓ Chamomile
- ✓ Wild yam (not long-term)
- ✓ Valerian
- ✓ Kudzu
- ✓ Lemon balm
- ✓ Peppermint
- ✓ Artichoke



Formulas

- ✓ Sialex by Ecological Formulas
- ✓ GastroSoothe by Enzymatic Therapy
- ✓ Iberogast: German formula
- ✓ Traditional Chinese formulas



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Demulcent Herbs – Soothe and Heal

What They Do

- ✓ Soothe the GI tract
- ✓ Rebuild the mucous layer
- ✓ Anti-inflammatory
- ✓ Lubricate the digestive tract
- ✓ Nourish body fluids and tissues



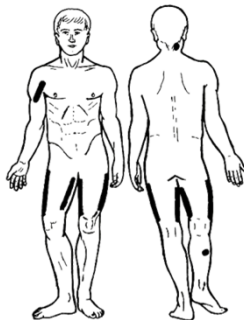
Common Herbs

- ✓ Licorice
- ✓ Marshmallow
- ✓ Slippery elm
- ✓ Comfrey
- ✓ Irish moss
- ✓ Cinnamon
- ✓ Chamomile
- ✓ Fenugreek
- ✓ Jujube dates
- ✓ Plantain



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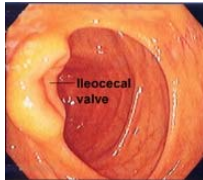
Ileocecal Valve: Location and Reflexes



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Ileocecal Valve

- ✓ **Open:** Backflow of large intestine contents into small intestine
- ✓ **Closed:** Lack of progression from small intestine into large intestine
- ✓ Gastroileal reflex causes valve to open
- ✓ Normally distention of ileum causes the valve to open
- ✓ Sympathetic stimulation (stress) causes it to contract



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Symptoms of Ileocecal Valve Dysfunction

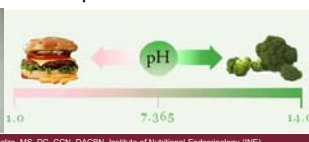
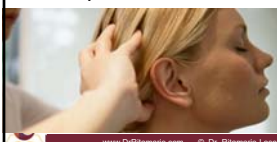
- ✓ Constipation
- ✓ Palpitations
- ✓ Chest pain with activity
- ✓ Pseudo-Meniere's
- ✓ Migraine
- ✓ Edema
- ✓ Right shoulder pain
- ✓ Neck stiffness
- ✓ Mid-afternoon nausea
- ✓ Dizziness
- ✓ Tinnitus
- ✓ Dark circles under eyes
- ✓ Aches




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What To Do About Ileocecal Valve Dysfunction

- ✓ Reflex point massage
 - LI4, BL58, KI5
 - Base of skull
 - Anterior, superior right arm
- ✓ Manipulation
- ✓ Diet (temporary)
 - Avoid high-fiber foods
 - Avoid spicy foods
 - Add chlorophyll
 - Bitters
 - pH balanced diet




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Transit Time

- ✓ Time from mouth to anus
- ✓ Should be 18 – 24 hours
- ✓ Can test using charcoal
- ✓ Normal is a bowel movement within a half hour after every meal


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Improving Transit Time

(Ideally food should be eliminated within 18 hours!)

- ✓ **Avoid irritants:** Caffeine, alcohol, processed fats, chocolate, wheat, and dairy
- ✓ **Avoid allergens:** Common culprits are WHEAT, CORN, SOY, DAIRY, EGGS, and PEANUTS, but can be anything
- ✓ **Relax before and during meals:**
Take a few deep breaths and avoid multitasking
- ✓ **Eat enough fruit, as tolerated by blood sugar:**
Sometimes just adding fruit provides the needed fiber and moisture to improve transit time
- ✓ **Drink enough water** to keep things moving along
- ✓ **Use mucilaginous herbs** to lubricate stool: chia and flax seeds, slippery elm, etc.
- ✓ **Keep gut critters balanced:** Use probiotics and anti-candida protocols

Exercise to keep the muscles in the large intestine working properly



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