



## Digestion Protocols: (IBS) Irritable Bowel Syndrome



Irritable Bowel Syndrome (IBS) is a common disorder that affects your large intestine. It's estimated to affect up to 20% of people in the United States.

IBS is technically not a real disorder; it's a diagnosis of exclusion, meaning no one has identified the cause of the bowel spasms and other symptoms, so it's called Irritable Bowel Syndrome. It's often called a "wastebasket" diagnosis.

IBS commonly causes cramping, abdominal pain, bloating, gas, diarrhea, and constipation. IBS is considered a functional abnormality, unlike inflammatory bowel disease which results in damage to the lining of the intestine.

About half of all intestinal complaints are thought to be due to Irritable Bowel Syndrome. IBS is also sometimes referred to as spastic bowel, spastic colon, and functional bowel disease.

### Symptoms of Irritable Bowel Syndrome

<input type="checkbox"/> Abdominal pain	<input type="checkbox"/> Mucus in stools	<input type="checkbox"/> Fatigue
<input type="checkbox"/> Spasms	<input type="checkbox"/> Gas	<input type="checkbox"/> Anxiety
<input type="checkbox"/> Alternating diarrhea and constipation	<input type="checkbox"/> Bloating	<input type="checkbox"/> Depression
<input type="checkbox"/> Thin stools	<input type="checkbox"/> Nausea	
	<input type="checkbox"/> Headache	



## Evaluation

- Symptom survey
- Observation of size, consistency, and frequency of bowel movements
- Comprehensive Stool Analysis (CSA) for candida and parasites
- Tongue and facial markings diagnosis
- Rule out pathological conditions, i.e., cancer, Crohn's, ulcerative colitis, diverticulitis
- IgG food sensitivity testing
- Small Intestinal Bacterial Overgrowth (SIBO) hydrogen breath test

## Common Causes of Irritable Bowel Syndrome

**Note:** The true cause of IBS is considered unknown; however, the factors below are considered to be involved. Please consult a physician to help determine the underlying cause and to assist in providing support.

- Caffeine sensitivity
- Stress
- Food allergy or sensitivity, especially gluten and dairy
- Lack of fiber in the diet
- Infection
- Malabsorption
- Hormonal imbalances
- Endometriosis
- Environmental sensitivities
- Inactivity -- not getting enough exercise
- Insufficient hydration
- Excess sugar or refined carbohydrates
- Depression
- Eating disorders
- Ileocecal valve may be stuck in the shut position, which can cause food remnants to build up in the small intestine, causing bloating and pain
- Lack of good muscular action in the large intestine (peristalsis)

## Lifestyle Habits to Soothe Irritable Bowel Syndrome

- Colon massage (following the line of the colon)
- Stress reduction techniques such as biofeedback, hypnosis, or counseling
- Eat small meals
- Chew well and properly
- Stay hydrated
- Eat slowly
- Increase exercise
- Abdominal massage
- Castor oil packs
- Ileocecal valve manipulation



## Dietary Habits That Can Improve Irritable Bowel Syndrome

- Eat small meals
- Chew well and eat slowly
- Increase water intake (half the body weight in fluid ounces)
- Avoid refined, hydrogenated, and processed foods
- Avoid all food allergens
- Avoid all foods that hurt the gut (see the “*Foods that Harm*” document)
- Eliminate dairy
- Eliminate gluten
- Increase probiotic foods like sauerkraut, kefir, and cultured vegetables
- Avoid eating raw veggies and possibly fruits for about a month
- Avoid sugar and refined carbohydrates
- Avoid caffeine
- Avoid dairy
- Slowly introduce more fiber

## Herbs and Nutrients to Improve Irritable Bowel Syndrome

- Aloe juice (2-4 oz.)
- Bentonite clay
- Buckthorn
- Digestive enzymes
- Enteric coated peppermint oil
- Epsom salts
- Freshly ground flax seed
- Ginger
- Herbal laxatives: rhubarb, cascara sagrada, and senna when necessary
- L-glutamine
- Liver herbs, i.e., dandelion root, milk thistle seeds, and Oregon grape root
- Magnesium
- Marshmallow root
- Melatonin
- Probiotics
- Psyllium
- Slippery elm
- Vitamin C
- Yellow dock