

## 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.

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|---|---|
| <input type="checkbox"/> Caffeine sensitivity                                     | <input type="checkbox"/> Insufficient hydration   |
| <input type="checkbox"/> Stress   | <input type="checkbox"/> Excess sugar or refined carbohydrates  |
| <input type="checkbox"/> Food allergy or sensitivity, especially gluten and dairy | <input type="checkbox"/> Depression   |
| <input type="checkbox"/> Lack of fiber in the diet                                | <input type="checkbox"/> Eating disorders   |
| <input type="checkbox"/> Infection  | <input type="checkbox"/> 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 |
| <input type="checkbox"/> Malabsorption  | <input type="checkbox"/> Lack of good muscular action in the large intestine (peristalsis)  |
| <input type="checkbox"/> Hormonal imbalances                                      |   |
| <input type="checkbox"/> Endometriosis  |   |
| <input type="checkbox"/> Environmental sensitivities                              |   |
| <input type="checkbox"/> Inactivity -- not getting enough exercise                |   |

## Lifestyle Habits to Soothe Irritable Bowel Syndrome

- |   |   |
|---|---|
| <input type="checkbox"/> Colon massage<br>(following the line of the colon)                       | <input type="checkbox"/> Stay hydrated                |
| <input type="checkbox"/> Stress reduction techniques such as biofeedback, hypnosis, or counseling | <input type="checkbox"/> Eat slowly                   |
| <input type="checkbox"/> Eat small meals  | <input type="checkbox"/> Increase exercise            |
| <input type="checkbox"/> Chew well and properly   | <input type="checkbox"/> Abdominal massage            |
|   | <input type="checkbox"/> Castor oil packs             |
|   | <input type="checkbox"/> 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

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