**Irritable Bowel Syndrome (IBS)**

IBS … is also called intestinal neurosis, mucous colitis, spastic colitis, or spastic colon.

* IBS is the most common digestive disorder seen by physicians.
* It is estimated that about one in five adults in North America have symptoms of IBS, although fewer than half of them seek help for it.
* Twice as many women suffer from the condition as men

**What is it?**

* In IBS, the normally rhythmic muscular contractions of the digestive tract become irregular and uncoordinated.
* This interferes with the normal movement of food and waste material, and leads to the accumulation of mucus and toxins in the intestine.
* This accumulated material sets up a partial obstruction of the digestive tract, trapping gas and stools, which in turn causes pain, discomfort, bloating, distention, and sometimes constipation.
* It can affect the entire gastrointestinal tract, from the mouth through the colon
* Malnutrition is common, as nutrients often are not absorbed properly … as a result people with IBS require 30% or more protein than normal, as well as an increased intake of minerals and other nutrients.

**Symptoms:**

* Constipation and/or diarrhea (often alternating)
* Abdominal pain – often triggered by eating, and may or may not be relieved by a bowel movement. (because of the pain, diarrhea, nausea, and sometimes severe headaches and even vomiting occurs … which may cause a person with IBS to dread eating)
* Mucus in the stools
* Nausea, flatulence, bloating
* May come on suddenly
* Intolerances to certain food



**Causes:**

* Low intestinal microflora
* Parasites
* Intestinal virus
* Stress
* Allergies
* Candida
* Overuse of antibiotics
* Overuse of antacids
* Overuse of pharmaceutical laxatives
* Pancreatic insufficiency
* Food allergies or sensitivities
* Nutrient deficiencies (especially essential fatty acids)

**Natural Health Suggestions:**

Step 1:

* Optimize microflora – Shaklee Optiflora
* Optimize essential fatty acids – Shaklee GLA and OmegaGuard
* Check food allergies, and if there are any offending foods, remove them from the diet

Step 2:

* Alkalize the blood AND Minerals for Healing – Shaklee Alfalfa
* Optimize nourishment to the central nervous system, especially if stress is a factor – Shaklee B Complex
* Reduce inflammation – Shaklee Vivix

Step 3:

* To further reduce inflammation – Shaklee NutriFeron
* Optimize carotenoids – Shaklee CarotoMax

**Other Recommendations:**

* Avoid coffee
* Avoid alcohol and tobacco
* Aloe vera juice or gel for 10 days (do not use long-term)
* If there is a bacterial infection, use Shaklee Garlic and/or Shaklee DR (Echinacea formula)
* If you experience a flare-up, put food through a blender to ease the work of the intestinal tract
* Drink an electrolyte drink to help balance minerals, especially if you have diarrhea