

Independence from Irritable Bowel Syndrome

Mission:

We at West U Wellness are committed to serving people who want a natural, higher quality of life for themselves and their families. We acknowledge that physical, chemical, and particularly emotional stress has devastating effects on the nervous system. Chiropractic adjustments remove this nervous system interference. Therefore, we go to extraordinary measures in educating society about the benefits of chiropractic care for optimal health.

Irritable bowel syndrome (IBS) occurs when muscles in your intestines contract faster or slower than normal. This causes pain, cramping, gassiness, sudden bouts of diarrhea, and constipation.

Two types of IBS exist. In spastic colon IBS, you experience constipation, diarrhea, or both, and you often have pain after eating. Painless diarrhea IBS involves the sudden onset of diarrhea during or after meals, or upon waking. Between 10 and 20 % of the population has IBS at some time. The syndrome often starts in adolescents or young adults. It affects three times as many women as men and is often associated with stress.

Signs & Symptoms

- Cramping pain in your lower abdomen
- Bloating and gassiness
- Changes in your bowel habits
- Diarrhea or constipation, or both alternately
- Immediate need to move your bowels when you wake up or with meals
- Relief of pain after bowel movements
- Feeling of incomplete emptying after bowel movements
- Mucus in your stool

What causes it?

The underlying cause remains unknown.

Treatment

Try to avoid stressful situations or foods that have triggered IBS in the past. Monthly hormonal changes and some medications

can affect your condition. Establishing regular bowel habits can be helpful. Your health care provider may prescribe medications to help you with the symptoms. IBS has many underlying causes that can often be successfully treated with alternative therapies.

Nutrition

Removal of known food allergens or irritants is important. The most common food allergens are dairy products, wheat, corn, peanuts, citrus, soy, eggs, fish, and tomatoes. An elimination/challenge trial may help uncover sensitivities. Eliminate all suspected allergens from the diet for two weeks. Add back one food every three days and wait for reaction to the challenge.

If you suffer from gassiness, eliminate beans, cabbages, and other "gassy" vegetables from your diet, as well as apple juice, grape juice, bananas, nuts, and raisins. Fiber supplementation can help reduce pain, cramping, and gas. Supplements include psyllium, flaxmeal, slippery elm (*Ulmus fulva*) powder, and marshmallow root (*Althaea officinalis*) powder.

Digestive enzymes taken 20 minutes before meals can help enhance digestion and normalize bowel function.

One teaspoon of raw bran with each meal, supplemented by extra fluids, provides fiber reliably.



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Pro-flora supplements such as acidophilus and lactobacillus species taken two to three times per day can help to rebalance normal bowel bacteria and reduce gas and bloating.

Magnesium (200 mg two to three times per day) and B-complex (50 to 100 mg per day) with extra B5 (pantothenic acid; 100 mg per day) may help reduce the effects of stress and reduce muscle spasms.

Low-fat diets may relieve abdominal pain following meals.

- L-Glutamine, an amino acid, is the preferred fuel for enterocytes of the small intestine because it help promotes normal healthy intestinal flora growth, and it can be taken two to four times a day
- Enteric-coated peppermint oil: one to two capsules (0.2 ml peppermint oil per capsule) three times a day after meals
- A tea of fennel seed (*Foeniculum vulgare*) or ginger root (*Zingiber officinale*) taken after meals promotes good digestion

Physical Medicine

Electric heating pads, hot water bottles, and long hot baths can relieve painful spasms and cramping in the abdomen.

Regular exercise, such as walking, can reduce stress and encourage bowel movements if you are constipated.

Abdominal breathing helps to induce the relaxation response and may aid normal physiological functioning (such as digestion). Therapeutic massage helps in reducing muscle spasms and may relieve some of the effects of stress.

Acupuncture

Several small studies suggest that acupuncture may be of value for IBS. A preliminary study of seven people with IBS, for example, found that acupuncture improved general well-being and symptoms of bloating.

We use acupuncture to help promote relaxation and reduce muscle tension in our patients, so we can help individuals who suffer with IBS by relaxing muscle spasms. Because acupuncture is considered safe, and IBS is not easily treated by currently available conventional methods, people with IBS may wish to try acupuncture therapy to improve symptoms.

Chiropractic

IBS could be caused by irritation in the spinal nerves that send impulses to the intestinal tract; therefore, by relieving this irritation through chiropractic adjustments we can help people with IBS. Several chiropractic patients have reported an improvement in their systems due to their adjustments.

For more information on natural methods to controlling IBS please contact Dr. Long and Dr. Yeager.

Show You Care and Help Us Celebrate Children!

Our Annual Kids Day America is Fast Approaching
And We Need Your Support in Raising Money for Ronald McDonald House.

Join Us Here at West U Wellness on Saturday, Sept. 17 from 11am – 2:00pm
for FREE Food, Fun, Child Safety & Health Information, and Prizes.
Children of all ages are welcome.



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West U Wellness hosts or participates in numerous events and activities each month. Included in these events are free health talks covering a different topic every **Tuesday at 6:00 PM** in West U Wellness. We believe these talks to be a means of allowing our patients to improve their lifestyles.

***Disc Problems?
Tired of taking medication and still having pain?
Come hear Natural Alternatives to reduce your Pain on Tuesday,
August 2nd at 6:00 PM here at West University Wellness!**

August Calendar of Events

	1	2 Disc Problems Health Talk	3 West U Walking Club 7:30 am	4	5	6
7	8	9 Arthritis Health Talk	10 West U Walking Club 7:30 am	11 Cookies in Bloom Grand Opening	12	13 West U Wellness Open
14	15	16 Acupuncture Health Talk	17 West U Walking Club 7:30 am	18	19	20
21	22	23 Pregnancy Health Talk	24 West U Walking Club 7:30 am	25	26	27 West U Wellness Open
28	29 ShapeXpress Grand Opening	30 Head, Neck and Shoulder Pain Health Talk	31 West U Walking Club 7:30 am			

Dr. Sherman Yeager & Dr. Caroline Long are available to give free "Stress Management" lectures to a variety of groups. If you would like us to speak at your company or have us offer free spinal screenings at your place of work, your school or your church, please contact our office at (713) 490-2225.

www.westuwellness.com