IRRITABLE BOWEL SYNDROME

This is not the same as Inflammatory Bowel Disease which is more serious.
Irritable Bowel Syndrome causes abdominal pain or discomfort, gas, bloating, spasms in the colon.
There can be diarrhea or constipation.

CAUSES:

Causes of Irritable Bowel:

- **some believe genetic, some think microorganisms/bacteria are involved (no proof), there is evidence of immune system disturbances, dietary factors is the most important causative factor.**
- **Parasites such as giardia may contribute**
- **western diet supports the disease while it is non-existent in primitive countries. Patients usually have eaten diet of more refined sugar, less fruit and vegetables and fibre. Alcohol and stress are factors. Taking aspirin, or Advil, steroids etc. can damage the bowel.**
- **Excessive stress, especially long term**
- **Genetic tendency**
- **intolerant to certain foods like wheat, barley, sugar, yeast, milk, beef, corn, orange juice etc.**
- **low fiber diet**
- **abuse of laxatives, antibiotics, steroids**
- **any reason that affects production of friendly bacteria in stomach or intestines**
- **hormonal changes**
- **gastroenteritis**

Causes of malnutrition in inflammatory bowel disease:

- **decreased oral intake**
- **disease induced (pain, diarrhea, nausea, anorexia)**
- **doctor induced (restrictive diets with supplementation**
- **malabsorption**
- **decreased absorptive surface due to disease or resection**
- **bile salt deficiency after surgical resection**
- **bacterial overgrowth**
- **drugs (eg. corticosteroids, sulphasalazine, cholestyramine)**
- **increased secretion and nutrient loss**
- **protein-losing enteropathy**
- **electrolyte, mineral and trace mineral loss in diarrhea**
- **increased utilization and increased requirements**
- **inflammation, fever, infection**
- **increased intestinal cell turnover.**

SYMPTOMS OF IRRITABLE BOWEL SYMPTOM

- **change in bowel pattern of constipation or loose or more frequent bowel movements**
- **abdominal pain or cramping that may go away after a bowel movement**
- **bloating or gas in abdomen**
- **diarrhea especially after eating or first thing in the morning**
- **Spastic colon: constipation and abdominal pain, most often left sided, relieved by opening bowels. May be associated instead with diarrhea.**
- **Functional diarrhea: Diarrhea attack, usually in morning. First movement is usually formed, followed by a rush of mushy or watery motions. Explosive, sufferers are often toilet bound for long periods of time.**
- **Gut dysmotility: abdominal bloating and discomfort frequently after eating. Visible stomach enlargement if often problem, pain more right sided.**

- **Extra-bowel manifestations: often other symptoms including lethargy, backache, irritable bladder, pelvic pain, migraine/headache.**
- **mucus and blood in stool**
- **feeling strong urge to have a bowel movement**
- **feeling you have not finished bowel movement**
- **nausea, vomiting**
- **sensitivity to certain foods**
- **unpleasant taste in mouth on bad odor from mouth**
- **significant weight loss**
- **sleep disturbances**
- **fever**
- **anemia**
- **heart palpitations**
- **anxiety, depression**

DIET:

- **eliminate all allergens, wheat/gluten, corn, dairy and what is listed in food sensitivities**
- **avoid processed foods**
- **DURING AN ATTACK avoid fried foods, meats, nuts, oils, margarine, wheat, corn, eggs, dairy foods and other fatty foods. Also avoid spicy foods like hot peppers, caffeine. Avoid foods that cause gas(flatulence) including cabbage, brussels sprouts, and broccoli. Don't chew gum or candy that contains artificial sweeteners like sorbitol and mannitol which can cause painful gas in the colon. Stop smoking (nicotine contributes to IBS because when you smoke you swallow air and those with IBS are sensitive to air in the gut.**
- **high in complex carbos and fiber, low in sugar and refined carbos. Good sources of fibre are beans, oats, apples, strawberries, grapefruit – however some people have difficulty with acidic foods. Adding psyllium to the diet can help with the fibre. Work up to a high fiber diet to avoid painful gas build up in the colon.**
- **Drink 6-8 glasses of water daily to keep the system moving smoothly**
- **Eat small frequent meals. Avoid overloading your system with large meals.**
- **Avoid eating fast which can cause you to swallow too much air, causing intestinal gas.**
- **Take probiotics on an empty stomach**
- **drinking a cup or two of peppermint tea can help relax the intestines, reducing spasms and gas pain.**
- **Drinking ginger tea can help soothe digestive problems – grate ½ tsp ginger into a cup, pour in hot water, let steep 10 minutes, strain and drink. Drink 4-6 cups daily.**

SUPPLEMENTS:

- **L Glutamine taken before meals. This works very well!**
- **Best herbs: Slippery Elm, Marshmallow root, Berberine.**
- **Probiotics daily.**
- **600 mg magnesium a day in divided doses helps bowel spasms, relaxes the bowel**
- **50 mg Zinc picolinate**
- **50,000 IU Vit. A daily**
- **200 IU Vit. E**
- **500 mg mixed flavonoids 20 minutes before meals**
- **typical deficiencies in patients with IBD (irritable bowel syndrome):**
  Iron, Vit B12, Folate, Magnesium, Potassium, Retinol, Ascorbate, 25-OH-Vit D, Zinc.
- **Zinc is a common complication due to low dietary intake. Many with magnesium deficiency shows weakness, anorexia, low blood pressure, confusion, hyperirritability, tetany, convulsions (taking 200-400 mg elemental magnesium intravenously may be needed)**
- **taking NAG (N-acetyl-glucosamine) for a few months**

- **since iron supplementation promotes intestinal infection, an attempt to increase iron stores by improving absorption by using Vit. C is recommended.**
- **diarrhea is associated with potassium and other electrolyte deficiencies. Extra potassium can have a significant effect.**
- **Vit. D deficiency is common. Those are at risk for developing metabolic bone diseases such as osteoporosis and osteomalacia.**
- **Vit E deficiency can occur. Supplement with 270 IU per day to bring recovery over a period of 2 years. Vit. E will inhibit inflammation and reduce free radical damage.**
- **folate deficiency (folic acid) promotes further malabsorption due to altered structure of the intestinal mucosal cells. These cells have a rapid turnover (1-4 days) and need to have a constant supply of folic acid.**
- **since Vit B12 is absorbed at the portion of the intestine most commonly affected with Crohn's (terminal ileum), deficiency is common. Often the terminal ileium is surgically removed. If the length of the resection is less than 60 cm, or the extend of inflammatory lesion is less than 60 cm, adequate absorption may occur.**
- **Vit. C is important in the prevention of fistula formation (fistula is an abnormal passageway between 2 organs eg. colon and bladder), it has been shown that patients with fistulas have lower ascorbic acid levels than patients without fistulas.**
- **Malabsorption is common, particular fat and protein**
- **decreased food intake and deficient calorie intake must be fixed. Weight loss is common because of pain after eating.**

BOTANNICAL

- flavonoids, esp. quercetin

HERBAL FORMULA:

8 parts each of Althea (marshmallow) - demulcent
4 parts Baptisia tinctora (wild indigo)- gastro infection
8 parts Echinacea angustifolia - antibacterial
8 parts Geranium maculation - gastro haemostatic
8 parts Hydrastis canadensis - inhibit growth of disease bacteria
8 parts Ulmus fulva - (slippery elm) - demulcent
8 parts cabbage powder - heals ulcers
2 parts pancreatin - assists digestive process
1 part niacinamide - anti-inflammatory
2 parts duodenal substance - heals gastro ulcers
Other can be included: Phytolacca (poke root) for healing ulcerations of intestinal mucosa; and Symphytum off. (comfrey) an anti-inflammatory as well as promoting tissue growth and wound healing. 2-3 capsules (#00) with each meal

HOMEOPATHY

Argentum Nitrum – for those who are impulsive and claustrophobic with digestive upsets accompanied by nervousness, anxiety, bloating, rumbling flatulence. Stools are noisy, offensive, green like chopped spinach immediately after eating or drinking. They belch explosively with nausea and retching. May have desire for sweets, cheese, salt. They feel loss of control, want balance everywhere, mentally and physically. Symptoms are worse at night after eating especially cold foods, sweets, during menses, from emotions and from warmth in any form.

Asafoetida: for those who are emotionally strong and hysterical. Their stomach gets bloated with burning pain and difficulty in passing gas. They complain of rigid constipation alternating with profuse, offensive, watery diarrhea, with gripping pains. Symptoms usually worse after eating, sitting, at night, but relieved by pressure, walking and in open air.

Colocynthis: **remedy best suited to those who are irritable, easily angered, suffer from ill effects of their emotions. Complain of undulating agonizing pain in stomach, near public bone, better by pressure, bending double and lying down. Bitter taste in their mouth. Stools are like jelly with stale odor, renewed each time by the least food or drink.**

Nux Vomica: **for those who have a zealous fiery temperament, are easily chilled, are always out of tune and avoid open air. Craves spicy foods, alcohol, tobacco, coffee, other stimulants which in turn triggers abdominal cramping pain with gas. They complain of constipation with ineffectual urging, incomplete and unsatisfactory bowel movements which alternated with diarrhea after abuse of purgatives.**

Podophylum: **where abdominal pain and cramping with gurgling, sinking, empty feeling followed by watery, offensive smelling diarrhea, alternating with constipation, or pasty yellow bowel movements containing mucus. They complain of sensation of weakness or sinking in their stomach. Worse early morning. They vomit hot, frothy mucus after drinking milk.**

OTHER

When not under an attack, get 30 minutes of exercise daily such as walking.
Avoid Dairy and Wheat, chemicals.