



Irritable Bowel Syndrome (IBS)

Irritable bowel syndrome (IBS) is the name given to a longstanding illness consisting of frequent abdominal discomfort and bowel symptoms that cannot be explained by any other disease.

IBS is an illness that has no specific cause, no distinctive pathology, and no single effective treatment. The symptoms can vary from person to person and in the same person different times but often in response to what happens or changes in diet or lifestyle.



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Symptoms Of IBS

Symptoms include:

- Abdominal cramps, often relieved by going to the toilet
- Bloating
- Diarrhoea
- Constipation
- Frustrated defaecation (needing to go to the toilet but not being able to)

Other common symptoms that may be associated with IBS:

- Tiredness
- Nausea
- Heartburn and indigestion
- Backache
- Needing to pass urine frequently
- Headaches
- Muscle pains
- Anxiety
- Depression

Cause Of IBS

Physiological studies have shown that the gut in IBS tends to be more sensitive and reactive (irritable). Causes of this may include a traumatic or upsetting event or situation or an attack of gastroenteritis. It is more common in women than men and tends to start in teenage or twenties and may persist on and off throughout life, often depending on what is happening.

But the most common risk factors are:

- An attack of Gastroenteritis.
- A traumatic or upsetting event.
- Courses of powerful antibiotics.

All of these seem to reset the gut to a state of excitation:

- Stimulating the gut immune system.
- Inducing a mild inflammation.
- Depleting the colonic bacteria.
- Making the gut sensitive.

The Sensitive Gut

Most people with IBS have a sensitive gut

In a sensitive gut, symptoms can be triggered by:

- Diet & Eating habits.
- Stress or life changes.
- Hormone changes.

Stress

Did you know your mind and gut are linked? With our increasingly hectic lifestyles, emotions, such as stress and anxiety can have a negative impact on gut health, triggering symptoms.

Diet

Were you aware that understanding what foods and drink trigger your IBS for example, caffeine, alcohol, processed food or fatty foods, can be a great way to help you manage your symptoms? Avoiding your triggers, having regular meals, and eating slowly can all help food digest easier and help you escape the horrible bloated feeling.

Exercise

Did you know if you don't exercise often, the digestive system can slow down? Try not to be put off by your symptoms and aim to add moderate intensity aerobic exercise such as fast-walking and cycling 3 times a week. Exercise which increases your heart and breathing rate can help to ease symptoms.

Hormones

IBS affects around twice as many women as men. This could be because hormone levels change during a menstrual cycle, which can affect the movement of food through the gut. This could explain why IBS symptoms can become more severe around the time of a woman's period.

Help In The Workplace

IBS can be debilitating, if you work and are living with IBS, you may have needed to take time off when your symptoms have been particularly severe. Travelling to and from work and to meetings can be very challenging too.

You may feel uncomfortable, embarrassed or humiliated when explaining your condition to your line manager or colleagues, but it may help alleviate some of your anxiety if you explain your condition with a trusted manager. They cannot support you if they do not know.

The following considerations within the workplace may support those who have symptoms:

- offer flexible working
- provide easy access to toilets
- allow your employee to take regular work breaks
- ensure effective monitoring and management of workload

Complementary Methods To Support IBS Management

Colon Hydrotherapy is a safe gentle treatment that can help alleviate gut health issues such as IBS. Colonics cleanse the colon, stimulate the nerve and muscle action of the bowels, and help the colon to work normally again. In turn this will help to maintain healthy colonic flora and will decrease the risk of abdominal bloating, gas, diarrhoea, constipation and infectious inflammatory gut disorders.

Supplementation

Every gut is different and therefore individuals can experience different symptoms with different levels of severity and so therefore the supplementation type, the combination and usage may differ. Supplementing with high grade anti-inflammatory Aloe Vera products, using specific strains of probiotics (healthy gut bacteria) and not the yogurt types, along with anti-spasmodic herbs and tincture added to your colonic treatment have proven beneficial in helping to reduce and in some cases eliminate symptoms.

Further Information

For further information and a thorough assessment, contact the Torus wellbeing book an appointment email: info@toruswellbeingclinic.co.uk



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