

CNM COLLEGE OF
NATUROPATHIC
MEDICINE

understanding Irritable Bowel Syndrome



By Naturopath Diana Bowman
from the College of
Naturopathic Medicine

IBS refers to a disorder that involves abdominal pain and cramping, as well as changes in bowel movements. It is sometimes known as 'nervous indigestion' as there is usually a link to stress, anxiety or low mood.

Symptoms include diarrhoea/constipation, abdominal pain/gas/bloating, nausea, loss of appetite, varying degrees of mild anxiety or low mood.

It has long been suspected that food sensitivities play a role in IBS. Sufferers should pay close attention to what they eat and note any aggravation of their symptoms. Keeping a food diary for a couple of weeks may help you work out what's not working.

To improve IBS symptoms you need enough fibre in your diet to support healthy bowel movement and aid healthy bowel flora. Water-soluble fibres are ideal so eat fruits and vegetables, oat bran and legumes such as lentils and beans. As many people have wheat sensitivities, try grains like quinoa and amaranth instead, and for breakfast experiment with non-wheat cereals.

Fermented foods such as sauerkraut and miso soup

are a great way to build a healthy gut environment. Avoid sugary foods, which may interfere with the balance of bacteria in the intestinal tract and slow down progress of food through the gut.

Since excessive contraction of the intestinal muscles is one of the primary findings in IBS, ginger is ideal as it has an antispasmodic effect and helps inhibit diarrhoea and nausea. Add fresh grated root ginger to your herbal tea, preferably chamomile or peppermint as these have antispasmodic and carminative properties which can help relieve spasms and gas. You can drink 2-3 cups a day.

Dealing with stress and anxiety is critical to helping reduce the symptoms of IBS. Avoid stimulants such as coffee, non-herbal tea, chocolate and sugar, as they can over-stimulate the nervous system and the bowel.

Consult your health care professional if you have any queries, or if your IBS is combined with other symptoms such as fever, unexpected weight loss, blood or mucus when you pass a bowel motion.

**CNM trains students for careers
in natural therapies.**

www.naturopathy-uk.com
01342 410505

Age is a 10 minute worry!

Getting older is a cause of serious concern for UK women, according to new research. Over a quarter of the 8,000 women surveyed by Sk:n admitted they spend at least 10 minutes a day worrying about ageing, while one in 20 confessed to constantly worrying about ageing effects such as wrinkles. On the plus side, one in three women believe they look younger now than their mothers did at the same age.

"How to Become Young Again..."

Do you get tired easily? Are you feeling older than your years? Can you do as much as you did just a few years ago?"

A new desktop reference guide reveals research showing practical, proven ways you can use to look and feel better today.

For example: Everyone is talking about resveratrol and how it helps keep you young. But did you know this is the immune system of plants? In this guide you discover which plants have the most resveratrol and why.

Turn Back the Clock is a Free Guide that shows you 21 push-button, easy ways to:

- Energise your body and your life with advice on the best vitamins
- Use your imagination to help improve your memory
- Promote smooth clear skin and slow signs of ageing by avoiding certain drinks
- Help balance your blood pressure with an ingredient found in dark chocolate
- Recharge your energy bank with the help of a common fruit
- Plus many more ways that can rejuvenate your entire body

Within weeks of using these 21 true age reversal ways you may feel younger than you have for years.

Claim your
FREE copy
of **Turn Back
the Clock - 21
Powerful Age-
Erasers Desktop
Reference** – today!
Call Linda on
01202 304560.

