

# That Make Your IBS Flare Up: Cure Your Irritable Bowel Syndrome

**\*\*Are you struggling with the debilitating symptoms of Irritable Bowel Syndrome (IBS)?\*\***

If so, you're not alone. IBS is a common digestive disorder that affects millions of people worldwide. Symptoms can vary from person to person, but they often include cramping, bloating, gas, diarrhoea and constipation.



## IBS Top 10 Mistakes: That Make Your IBS Flare Up (Cure your Irritable Bowel Syndrome Book 1) by Dr Kotb

★★★★☆ 4.8 out of 5

Language : English  
File size : 2080 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 57 pages  
Lending : Enabled



While there is no cure for IBS, there are a number of things you can do to manage your symptoms and improve your quality of life.

### What Causes IBS?

The exact cause of IBS is unknown, but it is thought to be related to a combination of factors, including:

- **Gut bacteria:** People with IBS have different gut bacteria than people without the condition. These bacteria may produce gas and other substances that can irritate the digestive tract.
- **Stress:** Stress can trigger IBS symptoms in some people. This is because stress can affect the way the gut works.
- **Food:** Certain foods can trigger IBS symptoms in some people. These foods include gas-producing foods, such as beans and broccoli, and fatty or spicy foods.
- **Hormones:** Women with IBS often find that their symptoms are worse during their menstrual periods. This is because hormones can affect the way the gut works.

## **What are the Symptoms of IBS?**

The symptoms of IBS can vary from person to person, but they often include:

- **Cramping**
- **Bloating**
- **Gas**
- **Diarrhoea**
- **Constipation**
- **Alternating bouts of diarrhoea and constipation**
- **Fatigue**
- **Headaches**

- **Anxiety**
- **Depression**

## **How is IBS Diagnosed?**

There is no specific test for IBS. Your doctor will diagnose IBS based on your symptoms and a physical exam. Your doctor may also Free Download tests to rule out other conditions, such as Crohn's disease or ulcerative colitis.

## **How is IBS Treated?**

There is no cure for IBS, but there are a number of treatments that can help to manage your symptoms. These treatments include:

- **Dietary changes:** Avoiding foods that trigger your symptoms can help to reduce your IBS symptoms.
- **Stress management:** Managing stress can help to reduce your IBS symptoms. There are a number of stress management techniques that you can try, such as yoga, meditation and deep breathing.
- **Medication:** There are a number of medications that can help to relieve IBS symptoms. These medications include antispasmodics, laxatives and antidiarrhoeals.
- **Probiotics:** Probiotics are live bacteria that can help to improve gut health. Taking probiotics may help to reduce IBS symptoms.
- **Hypnotherapy:** Hypnotherapy is a type of therapy that can help to change the way you think about your IBS symptoms. This can help to reduce your symptoms and improve your quality of life.

## Living with IBS

IBS is a chronic condition, but it can be managed. By following the tips in this article, you can reduce your symptoms and improve your quality of life.

Here are some additional tips for living with IBS:

- **Keep a food diary:** This can help you to identify foods that trigger your symptoms.
- **Eat regular meals:** This can help to keep your digestive system on track.
- **Get regular exercise:** Exercise can help to reduce stress and improve gut health.
- **Get enough sleep:** When you're well-rested, you're better able to manage your IBS symptoms.
- **Talk to your doctor:** If you're having trouble managing your IBS symptoms, talk to your doctor. There are a number of treatments that can help.

IBS can be a challenging condition, but it can be managed. By following the tips in this article, you can reduce your symptoms and improve your quality of life.



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