

## Prebiotics For IBS - A Safe Alternative To Drugs

**Y**ou are a sufferer of **IBS** and are looking into natural relief, then good for you. Not everything works for everybody but there are so many things you can, and needs to experiment with since those who choose the option of prescription drugs might be in for side effects that are even worse than the symptoms that they are attempting to deal with.

### Relax, Let Yourself Go, Relax, Relocate to the Music

I bet you can just feel yourself recovering? Dance can perform miracles for all sorts of people and their situations, all of us have felt that stimulating feeling when you dance that makes everything seem so calm and material. Dance is known to lower strain on the sympathetic nervous system and lets out endorphins and enkephalins, our own natural painkillers, tranquillisers and feelgood factors. These impacts reduce digestive level of sensitivity, avoid spasm and permit a free flow of residue through the system.

- Absorptive abilities (ability to build up on a surface area) of the clay lie in the fact that its molecules are adversely charged.
- When the clay goes through the digestive system, it draws in the toxic substances which are positively charged.
- When they come close, they are bound together.
- They exchange ions and hence the toxic molecule is absorbed by the clay molecule.

“ Tina Hobin, the author of "Belly Dance your Way to a Beautiful Mind, Body and Soul" writes "The ancient Shamans discovered that by reactivating the solar plexus and hips, the motions of the belly dance embody natural healing powers and help heal abdominal discomfort and create a feeling of well being." Over the years she has seen many women with IBS attend her classes and she identified that the motions of the dance are very effective to their health and general health.



### Celiac Disease

Stomach bloat is often one of the first noticeable symptoms of celiac disease, an autoimmune disease where the body is unable to correctly process gluten. Other symptoms include bouts of constipation and diarrhea, and over time, the condition can cause fairly serious damage to the small intestine. There is no remedy, and the only treatment is to avoid all contact with gluten and foods that contain gluten.

- Pure natural bentonite clay usually does not cause any side effects.
- However, more research is needed for discovering the side effects of the clay.
- Till then, it's a good idea to speak with a health care professional before using it.



IbsDiarrheaNausea

These were some of the most important reasons that mucus can appear in urine. Though it's a very personal thing, do not shy away if you notice mucus in your urine, get it checked from your doctor as soon as possible to avoid serious complications.

With a balanced fiber intake through food and/or supplements, you need to get both insoluble and soluble fiber. Soluble fiber is the prebiotic one which feeds the good bacteria in the intestines. Insoluble fiber, also referred to as roughage, plays a big part because it is your inner broom which sweeps up all the mess and organizes it to form stools so it can hopefully make a fast and easy vacation.

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