

# Why Alternative Methods Beat Conventional Medicine in Testing and Treatment for IBS

**C**onsiderable number of people have visited the GP wishing to treat their Irritable bowel syndrome, but the prescriptions they got did not effectively help them to deal with the problem. Statistics show that people looking for traditional testing and treatment for **IBS symptoms** in men have end up looking for alternatives.

- Aloe - Aloe consists of a steady amount of vitamins and nutrients that help the body naturally clean itself.
- Aloe aids in the eliminating of unwanted toxic substances and bacteria with no alternative results.




## Easy to Digest Veggies

Vegetables that are excellent sources of soluble fiber are often recommended for individuals with gastrointestinal problems such as **irritable bowel syndrome (IBS)**. Soluble fiber alleviates intestinal inflammation and manages bowel function. As it is soluble in water, soluble fiber is able to attract more fluid into the colon and add softness to the stool. This helps to facilitate their transit through the colon. Some of the vegetables that contain soluble fiber in good proportion are offered below: Easily Digestible Vegetables - Raw or Cooked?



Irritable Bowel Syndrome Ibs Ibs Symptoms Causes Ibs

People who are often experiencing this type of disorder have really sensitive colon muscle that leads them to feeling the above stated symptoms after too much food consumption. **IBS** or Irritable Bowel Syndrome is not qualified as a serious illness due to the fact that it does not lead to cancer or any other illness. But people who are experiencing it may come across a lot of unpleasant feeling that may lead them to questioning their health. And going to their doctor and having tests to make sure the signs are for IBS may be applicable.

“  *Things You Need To Know About Irritable Bowel Syndrome* One out of five people have experienced IBS and most of them are adults. Stress is one of the most significant factors that can trigger it and that may be the reason why most of its victims are adults. It is likely be mistaken to other GI conditions...

The most irritating fact about this illness is that no one has yet found out the cause for it and thus there is no proposed cure for it. Doctors say that it is a practical condition but when the intestinal tract is examined, no disease is detected. Doctors are of the view that the major reason for IBS might be stress and emotional conflict that interferes with the normal functioning of the colon or large intestine part that extends from mecum to the rectum. Herbal remedies have so far shown to be very effective for treating IBS signs.

## Here is a Sample of the Websites that Present Guidance on IBS:

[www.ibsgetwell.co.uk](http://www.ibsgetwell.co.uk) - This site has little with regards to IBS and rather more about its founder, Adrian Blake, who encourages "stress management approaches to IBS". Mr Blake, who is psychotherapist and states to be the first person in the UK to get a hypnotherapy degree, offers a deal of hypnotherapy CD, handbook, achievement plan and everyday progress record for 26.99. He asserts that "gut directed hypnotherapy" is now the treatment of choice for many gastroenterologists, and can help 70-80 percent of patients.

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