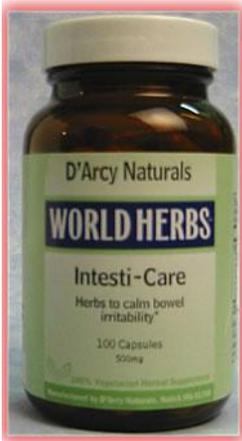


Irritable Bowel Syndrome (I.B.S.)

Supplement Protocol

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Irritable Bowel Syndrome is part of a spectrum of diseases known as Functional Gastrointestinal Disorders, which include diseases such as non-cardiac chest pain, non-ulcer dyspepsia, and chronic constipation or diarrhea. These diseases are all characterized by chronic or recurrent gastrointestinal symptoms for which no structural or biochemical cause can be found. IBS affects between 25 and 55 million people in the United States and results in 2.5 to 3.5 million yearly visits to physicians. Approximately 20 to 40 percent of all visits to gastroenterologists are due to IBS symptoms.

IBS symptoms affect men and women of all ages and of all races. The prevalence of IBS in the general population of Western countries varies from 6 to 22%. IBS affects 14-24% of women and 5-19% of men. The prevalence is similar in Caucasians and African Americans, but appears to be lower in Hispanics. Although several studies have reported a lower prevalence of IBS among older people, the present studies do not allow us to definitely conclude whether or not an age disparity exists in IBS. In non-Western countries

such as Japan, China, India, and Africa, IBS also appears to be very common. Many patients with IBS report that their symptoms began during periods of major life stressors such as a divorce, death of a loved one, or school exams. Many patients also report the onset of symptoms during or shortly after recovering from a gastrointestinal infection or abdominal surgeries.

Symptoms of IBS have also been known to appear upon the ingestion of a certain food to which the individual is sensitive. The type of food which causes symptoms varies with the individual. (There is no one definite universal food trigger for IBS.) Similarly, a flare of symptoms in a patient with long-standing IBS may be triggered by all of the symptoms listed above, or for no apparent reason. Most everything about IBS is totally dependent on the individual patient. For some, IBS may arise during times of stress or crisis, and then subside once the stressful event has passed. For others, IBS strikes seemingly randomly and without warning and never completely goes away. Still others will get IBS for a while, it will go away for a long period of time, then come back. The duration of IBS is different for everybody.

IBS can be nothing more than a mild annoyance, completely debilitating, or anywhere in between. Again, it depends on the person and how he or she reacts to it and treats it. Several studies have shown that psychological disturbances are more common in IBS patients than patients with other gastrointestinal diagnoses and healthy controls. However, people with IBS who do not seek medical care have a similar psychological profile as the general population. Therefore, IBS is not caused by psychological problems, but a person's outcome and illness behavior is affected by their psychological make-up.

Different people respond differently to their IBS and IBS symptoms, depending on a number of psychosocial factors. What factors contribute to health care utilization? Although IBS is very common in the general population, only a minority of people ever seek medical care for their symptoms. Cultural factors may affect health care utilization. For example, as opposed to the U.S. and Europe, in India male patients are more likely to seek medical care than women. The presence and severity of abdominal pain, and the number of "Manning Criteria" correlate with health care consultation. Finally, psychological disturbance (e.g. anxiety or depression)



also appears to influence health care utilization.

What are the symptoms of IBS?

The most common symptoms that IBS patients complain of are:

- frequent diarrhea
- abdominal pain (usually in the lower abdomen area)
- gas
- bloating
- diarrhea alternating with constipation
- mucus in the stool
- bowel urgency or incontinence, and a feeling of incomplete evacuation after a bowel movement

Since IBS is considered mainly to be a disorder of the lower gastrointestinal tract, the symptoms tend to remain located below the navel. However, several symptoms of the upper gastrointestinal tract have also been shown to be common in those with IBS, including: difficulty swallowing, a sensation of a lump in the throat or a closing of the throat, heartburn or acid indigestion, nausea (with or without vomiting), and chest pain. Specifically, at least 3 months of continuous or recurrent symptoms of: abdominal pain or discomfort, e.g.: 1. Relieved with defecation and/or 2. Associated with a change in frequency of stool; and/or 3. Associated with a change in consistency of stool. This syndrome is characterized by a disordered function of the colon; abnormal motility probably causes pain and diarrhea; increased absorption of water by the colon causes constipation and hard stools; and increased secretion causing excess production of mucous. One or other of the symptoms listed above may predominate in those who have this syndrome. There appears to be no organic lesions in the bowel which may initiate these symptoms.

TREATMENT PROGRAM

1. [Intesti-Care Formula](#): 2 capsules, three times daily.
 2. [Probiotics](#) 1 capsule, 3 times daily, before meals with 8 oz. of water.
 3. [Vitamin E](#) 1 capsule 2 x / day
 4. [Green Power Formula](#): 2 capsules 3 times daily, or as a powder, one to two scoops daily.
 5. [Multi-Vitamin](#) as directed by manufacturer.
- Add **Enterically coated peppermint oil** between meals if severe
 - Add as needed, [Dia-Support Formula](#).
 - Add [Support Bone Formula](#) for osteoporosis associated with IBD.

[Intesti-Care Formula](#):

Key Ingredients: Marshmallow root is an essential herb for IBD sufferers. It is used for digestive disorders, gastritis, stomach ulcers and colitis and is very soothing. It helps regulate intestinal flora. A very nutritional, wholesome, sustaining food, it is well tolerated by GI tract. It supplies Vitamin K (deficiency with colitis) and mucilage. Its actions are demulcent, diuretic, emollient, expectorant, antibacterial, anti-tumor, natural antacid. Yarrow increases appetite, helps reduce effects of flatulence and stomach cramps, regulates bowel movements and inflammation of GI tract especially when used with chamomile. Has a soothing and healing effect on mucous membranes. Researchers have found that dioscorea, or wild yam, has significant antioxidant activity,



and is very useful to reduce or eliminate spasming in the intestines. It is also for inflammation and has anti-inflammatory properties. Slippery Elm is another wonderful demulcent, best known for inflammation and irritation of the alimentary canal. Licorice is used to soothe irritated mucus membranes and promote the secretion of mucus. Chamomile has been used throughout Europe since Roman times as a sedative and antispasmodic. Today most of us know this herb helps calm upset stomachs caused by either emotional or physical stressors. It is believed that this herb is included in the pharmacopoeias of twenty-six countries. Chamomile is a gentle relaxant of tensions, containing spiroether, a strong antispasmodic that eases tense muscles and menstrual pains, calms irritability, and promotes sleep. Bisabolol is another of chamomile's numerous chemical constituents that produces the antispasmodic and anti-inflammatory effects. Over 120 compounds have been identified in the oil of chamomile. The European Scientific Cooperative for Phytotherapy, the European Union's body charged with harmonizing the laws of member countries, reported that chamomile has received no complaints of adverse reactions; it is a truly safe herb.

Probiotics: Meaning "for life," probiotics are live microbial supplements given by mouth in a variety of ways to improve the balance of micro-organisms in the intestinal tract. It is about balance between good and bad bacteria. Importantly, they are entirely natural substances. All animals, including man, have a large and complex population of bacteria and other micro-organisms in the intestine which are essential for the healthy functioning of the gut. These normal inhabitants of the gut are very beneficial to the animal and the development of probiotics uses this knowledge to influence the gut flora in a way that benefits the animal.

Evidence exists that probiotic micro-organisms suppress harmful bacteria such as E. Coli and Salmonella by a process known as "competitive exclusion." They are also engaged in beneficial activities such as essential vitamin production and digestion of food components. They may also have an important role in disease prevention by stimulating the immune system. As the aim with probiotics is to restore and maintain normal gut function, they should be used whenever gut balance is upset. L. Acidophilus promotes healthy digestion. Enzymes secreted by probiotic bacteria also aid digestion. Acidophilus is a source of lactase enzyme, which is needed to digest milk but is lacking in lactose-intolerant individuals.

An article in the Journal of Medicine points out that even when we don't take antibiotics we may be getting them through our food. Antibiotics, which are often given to animals such as cows and chickens, are passed on to us when we eat them. This not only kills friendly bacteria in our intestines, but also limits the bacteria's ability to produce certain vitamins, such as B-vitamins. The advantages of taking acidophilus supplements are numerous. Acidophilus aids the digestive process, helps to correct constipation, diarrhea, mucous colitis and diverticulitis. Research also shows that it can help reduce blood cholesterol, enhance the absorption of nutrients, sweeten bad breath, and help treat acne and other skin disorders.

Green Power Formula: Nutritional support for IBD. Chlorophyll is the life blood of all plants, converting sunshine into life-supporting nutrients. Chlorophyll-rich plants are known to be immune-enhancing, stop bacterial growth, remove toxins, counteract inflammations, build the blood, renew tissues, improve the liver function and activate enzymes. This formula combines chlorophyll-rich plants from the sea and land. The aquatic micro-algae, spirulina and chlorella, contain twice the chlorophyll of any land plant. They were among the first organisms on the planet, with over three and a half billion years of supporting life. In addition to chlorophyll, micro-algae contain the highest sources of protein, beta-carotene and nucleic acid of any animal or plant food. Kelp, a sea vegetable, binds heavy metals, pesticides, and such carcinogens as PCBs, and carries them safely out through the intestines. Kelp also nourishes and protects the thyroid.

Wheat and barley grass can pick up as many as 90 minerals from the estimated 102 found in rich soil. They have a high nutrient content with hundreds of unique digestive enzymes not available in such concentrations in



other plants. These enzymes help slow cellular deterioration and mutation and are beneficial in degenerative diseases and in reversal of the aging process.

Nutritional Treatment

1. Check for food sensitivity by going on a elimination diet under the supervision of your MD.
2. Increase fluid intake and correct any mineral imbalance that may have occurred with persistent diarrhea.
3. Increase intake of fiber, particularly if constipation is a predominant symptom. Ensure that no sensitivity to grains exists as cereal fibers may exacerbate the problem.
4. Supplement the diet with ginger.
5. Reduce stress and anxiety symptoms. Engage in 20-minutes of relaxation relief daily.

Diet: Dietary fiber may lessen IBS symptoms in many cases. Whole grain breads and cereals, beans, fruits, and vegetables are good sources of fiber. Consult your doctor before using an over-the-counter fiber supplement. High-fiber diets keep the colon mildly distended, which may help to prevent spasms from developing. Some forms of fiber also keep water in the stools, thereby preventing hard stools that are difficult to pass. Doctors usually recommend that you eat just enough fiber so that you have soft, easily passed, and painless bowel movements. High-fiber diets may cause gas and bloating, but within a few weeks, these symptoms often go away as your body adjusts to the diet.

Large meals can cause cramping and diarrhea in people with IBS. Symptoms may be eased if you eat smaller meals more often or just eat smaller portions. This should help, especially if your meals are low in fat and high in carbohydrates such as pasta, rice, whole-grain breads and cereals, fruits, and vegetables. Stress and emotional disturbance leads to fast eating, poor chewing, lack of gastric juices, enzymes and digestive acid. Drink at least 6-8 glasses of water a day. Quit smoking. Relax 20 minutes before and after each meal. Do not eat standing up. Be sure to chew well. Move your bowels daily.

Stress: In Chinese medicine, the emotional flow is governed by the Liver (whose function overlaps only partially with the Western, anatomical liver concept). Stress plays a large role in how the liver functions, and 20 minutes a day of relaxation techniques allow a better functioning of the Liver. This is one of the most effective things we can do to protect ourselves from the negative aspects of stress. Learning how to turn off the "fight or flight" (physiological) response daily is essential. Remember the human brain is the most potent pharmaceutical factory in the world. Mind-body programs let us tap into this powerful healing resource and help us re-adapt the "type A" personality.

Managing your time more effectively helps take control of one of the major stressors of the digestive system.

Do not over exercise: Regular and balanced, i.e. gentle soothing form of exercise forms, including stretching, swimming, Yoga or Tai Chi, should be included alongside or in place of "yang", strenuous exercise such as weights, running, and aerobics.

References

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**The statements contained in this article have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*

