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What is "IBS"?



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IBS or Irritable Bowel Syndrome is not one single disease. It is likely many different diseases that are accompanied by the same symptoms of abnormal bowel movements and recurrent abdominal pain.

What causes IBS?

The exact cause of IBS is unknown. However, IBS can be triggered or caused by a disturbance in the way that the gut, brain, and nervous system interact and communicate with each other.

Potential triggers of IBS can be...

- Stress
- Diet
- Poor sleep
- Past infection



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How can I treat IBS?

There is no cure for IBS. However, there are many lifestyle changes you can make to lessen your symptoms. Your local GI doctor can provide you guidance for IBS treatment. They will likely recommend home remedies before medication.

For example:

- Regular physical exercise
- Cutting back on caffeinated beverages
- Eating smaller meal portions
- Taking probiotics to relieve gas and bloating
- Avoid deep-fried or spicy foods that can irritate your bowels.
- Reducing stress via meditation, therapy, or yoga.
- Get enough sleep



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