

# Irritable Bowel Syndrome (IBS) - How to Beat it Forever!

**A**nyone with **Irritable Bowel Syndrome** (IBS) will know that dealing with it is actually horrible. You never ever understand when the next attack is going to strike. Some sufferers are always on the lookout for the closest toilet and prepare their day around not being too far from a bathroom. Other individuals don't go there often enough. In either case, the discomfort can be terrible.

## Ovarian Cysts

Sometimes, cysts are formed in the ovaries of women, better referred to as ovarian cysts. Presence of cysts in the left ovary triggers mild to serious left side stomach discomfort. Many-a-times, surgical treatment needs to be performed to remove the cysts from the ovary.

## Irritable Bowel Syndrome

Irritable bowel syndrome (IBS) is a common term used to describe a variety of gastric diseases and conditions. The precise reason for **IBS** is unknown, nevertheless, it is thought that level of sensitivity of the bowel muscles can cause this illness. Muscle cramps, diarrhea, irregularity, stomach and pelvic discomfort are the symptoms of IBS.

## Pancreatitis

Pancreas is a tube-shaped organ, situated behind the stomach. Its head pushes the right side while its tail extends to the left side of the body. Conditions like long term usage of alcohol and gallstones result in inflammation of the pancreas. Such a disorder is clinically explained by the term pancreatitis.



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