

# Primary Symptoms of Irritable Bowel Syndrome

**I**rritable Bowel Syndrome (IBS) or also known as spastic colon, is a digestive disorder which actually affects millions of people and it typically affects young female grownups. This may end up being awkward in times where you need to concentrate in extremely important matters such as in your office. If you were to provide a report in front of the whole business staff and IBS strikes you at that very moment, it would be awfully embarrassing to excuse yourself in the middle of your report, you yourself interrupting the whole thing.



## Consumption of Greens

Green bowel movement is usually the response to a specific constituent in the diet. Sounds strange, right? Nevertheless, it's true! Consuming large number of leafy greens such as lettuce, spinach, broccoli, etc., may conduce to green bowel movements. The high chlorophyll content in the vegetables triggers the greenish color. What goes in, comes out! So, how do you expect the bowel movement to not be green after consuming all those bundles of leaves?

## Gluten Allergy

You may also be allergic to gluten which is a protein found in wheat. The gluten causes damage to your intestines, thereby causing constant diarrhea.



IbsIrritable Bowel SyndromeConstipationSpastic ColonDiarrhea

## Lactose Intolerance

The condition is paradoxical due to the fact that lactose deficiency makes food digestion of lactose difficult. Lactose can be found in sugar, milk, and dairy products. People having this condition will often experience diarrhea and bloating after eating dairy products or lactose containing foods.

Regardless of the fact that you will discover constraints for the IBS Diet plan Plan as folks who have problems with IBS have normally developed food tolerances, the application of this technique to manage a person's indication are usually favorable. Food items which are to be included in the IBS Diet Plan are generally modest, yet are actually found to enhance the individual's gastrointestinal movements in addition to alleviate quite a few signs of the problem.

But there is more than one type of colitis, there is more than one kind of colitis treatment and knowing the difference between them is important to help with diagnosis and treatment. Here we will look at the most common forms.

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