

## Soluble Fiber Foods for IBS

**I**rritable bowel syndrome (IBS) diagnosed in both men and women strikes the large intestine (colon). As we all know, the colon is mainly involved in the elimination of feces. So, with the beginning of IBS, one experiences a change in defecation that appears in the form of **diarrhea** or **constipation**. Apart from frequent or irregular bowel movement, the person is likely to suffer from abdominal pain, bloating and gas. Managing **IBS** ends up being a simple job if soluble fiber foods are included in the diet.



### Most of the Foods that Trigger IBS Tend to be Very High in Fat and Insoluble Fibre

In addition, foods that contain lots of caffeine are known to serve as triggers for this painful and embarrassing condition. It would be best if you avoided these foods that can irritate your gastro intestinal system. As long as you can avoid these foods in your diet you will be able to lead a fairly normal life without depriving yourself of delicious foods or outings to restaurants.

### Treatment Depends on the Cause

The treatment depends upon the underlying cause and the severity of the problem. For example, if the problem is celiac illness, then the choice is to follow a gluten-free diet, and the administration of immunosuppressants. If the cause is IBS, then the doctor will prescribe laxatives, and you will be encouraged to take in fiber supplements, although it is better to go in for fiber-rich foods. For Crohn's disease, besides anti-inflammatory drugs, immune system suppressors, steroids and antibiotics, a low-fiber and low-residue diet plan will be suggested.



IbsIbs SymptomsConstipationDiarrheaIbs Diet

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**How to Get Rid of a Bloating Stomach** Do you feel uncomfortable and tight in the abdomen throughout the day? If yes, you could be dealing with the issue of bloating. Besides these, another very common symptom of a puffed up stomach is a continuous feeling of fullness. One does not feel...

### Besides this, Multivitamin and Mineral Supplements Will be Encouraged

If ulcerative colitis is the problem, then well balanced meals are a prerequisite. For the majority of the causes, some rest and appropriate intake of liquids for hydration will be advised. It is for that reason recommended to consult your doctor for a proper diagnosis and related treatment. However, following a healthy and balanced diet, and avoiding food that a person dislikes, are some of the preventive steps that can be taken to prevent the problem of diarrhea and stomach ache.



“ **Ralph Thompson**

Ralph is a post curator at [jerseycheapwholesalechina.com](http://jerseycheapwholesalechina.com), a blog about alternative health news. Last year, Ralph worked as a marketing manager for a well-known high tech company. When he's not scouting for new articles, Ralph loves scuba diving and rafting.

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