

# The Best Treatment For IBS - Possible Causes Of IBS

**I**rritable Bowel Syndrome, whilst not life threatening, can be debilitating. People can suffer different symptoms and experience different degrees of discomfort. There is no one-off miracle remedy; nevertheless the majority of people respond well to treatments, be it way of life changes, improvements in diet or medication. The key is to understand your IBS, and to work out what is the best treatment( s) for you.



## One of the Main Causes of IBS, Like Many Problems Relating to the Body is Self-Induced

By this I mean you are the cause of the results of what food you eat. Many individuals sadly, fast eat their meals and do not get proper digestion of their food. Also people have the tendency to eat far too much junk food, take away food, crisps and quick sweet treats.

## Antibiotics Such as Metronidazole and Vancomycin

There are others - are effective at **treating IBS** symptoms of **constipation** or **diarrhea**. This suggests that an over-production of bacteria in the intestines may be the root cause of IBS.

## Ovarian Cysts

Fluid-filled sacs formed in the ovary are called ovarian cysts, which may be formed at the time of ovulation. Besides irregular menstruation, pain during bowel movements and pelvic pain, bloating is also an indicator of presence of ovarian cysts. The gynecologist will determine the size and severity of the ovarian cyst and will suggest the required treatment. The person will get relief once the cyst has been dealt with.

## For Numerous, Their IBS Signs are Exacerbated by Stress or Psychological Conflict

Research into this area has to yield any clear correlation, and stress is not considered a cause of IBS. However, stress management can form an important part of **IBS treatment**.

## There are No Specific Causes of IBS

According to medical studies, it was revealed that a majority of the patients with this bowel disorder have a sensitive or an overactive intestinal tract. The diagnosis of IBS is done based on the physical examination and medical history of the patient. In order to rule out other medical conditions, the doctor may consider performing blood tests and stool test. The symptoms of IBS can be controlled effectively by managing stress, diet, and way of life changes.

## IBS is Neither Ageist nor Sexist

It affects both young and old and male and female. It is estimated that 10-20% of people might suffer IBS at some time. Women with a menstruation are more prone to IBS and it is believed reproductive hormones may be a factor.

## Benefits

According to most manufacturers, there are numerous benefits of flaxseed oil that are evident due to its dense nutritional value and calories. It has a great deal of healing properties, and hence, the massage of flaxseed oil is found helpful for the treatment of bruises, strains and sprains. This oil also contains various essential fatty acids that are effective for lowering blood cholesterol levels, and improving the health of the cardiovascular system. It is also valuable for the treatment of osteosclerosis, angina, hypertension, various types of arthritis, etc.

## Is Also Found Useful for Digestive Health

It is used as a cure or home remedy for digestive system problems like **irritable bowel syndrome** (IBS), inflamed intestine, intestinal swelling, irregularity, etc. Flaxseed oil is also useful for numerous skin problems like eczema, dry eyes, acne, psoriasis and rosacea. It is also found effective in the treatment of Sjogren's syndrome, which is a kind of autoimmune disorder. Apart from all the above mentioned health benefits, this oil is also handy for various problems related to females's health, like pre menopause and post menopause syndrome.

## Artificial Sweeteners

Artificial sweetener, particularly sorbitol, is commonly used in sugar-free sweets and chewing gums. It causes diarrhea and other bowel problems. Thus, an individual with IBS must avoid consuming artificial sweeteners.

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