
Natural Remedies for

Irritable Bowel Natural Remedies for Irritable Bowel Syndrome (IBS): What Works and Why
Syndrome (IBS):

What Works and Why

By Jeffrey Fisher

Irritable Bowel Syndrome, which is often referred to as simply IBS, is a medical disorder that is characterized with bowel problems. Symptoms of IBS vary amongst individuals, with the more common symptoms including stomach pain, stomach cramping, diarrhea, constipation, gas, bloating and a sensation of fullness in the stomach.

There are many treatment options that are available for those with irritable bowel syndrome, including many over the counter medications and prescription drugs. Many patients with IBS do not actually require these medications, and some simple and natural changes are often enough to control the condition and its symptoms. Some of the more natural methods and remedies that can be used include diet and lifestyle changes, herbal remedies and natural supplements.

Natural Remedies For Irritable Bowel Syndrome IBS What Works And Why

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