



# IBS Treatments

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## How Effective are the Popular IBS Treatments?

Just because something is popular, doesn't mean it's the best thing for you, and this is definitely the case with many treatments for irritable bowel syndrome.

As the chart below illustrates, some of the popular IBS treatments that get a lot of attention aren't as helpful as the hype suggests.

Fiber supplements, fish oil and even probiotics aren't as effective as the less-popular physical therapy, a low-inflammation diet and yoga, according to a Cure Together survey.

However, the most popular and effective treatment survey respondents cited was avoiding their trigger foods.

