



## IBS: Facts You Probably Didn't Know

by NEWLIFEOUTLOOK TEAM

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### The Facts and Figures of Irritable Bowel Syndrome

You probably know all about the common symptoms of irritable bowel syndrome, and that it's more likely in women than men, but the graphic below reveals some facts about IBS you may not know.

For example, did you know that around 75% of people with IBS in the U.S. go undiagnosed?

Of those diagnosed, many IBS sufferers lack important bacteria, and around 60% test positive for a yeast overgrowth.

Read on to learn more about IBS.

# IRRITABLE BOWEL SYNDROME

13 THINGS YOU PROBABLY DIDN'T KNOW ABOUT ITS CAUSES, SYMPTOMS & TREATMENT

## IBS

A CHRONIC FUNCTIONAL GASTROINTESTINAL DISORDER IS CHARACTERISED BY ABDOMINAL PAIN, DISCOMFORT AND VARIABILITY IN BOWEL MOVEMENTS, WHICH SIGNIFICANTLY AFFECT QUALITY OF LIFE FOR THE PATIENT. IT IS ONE OF THE TOP 10 REASONS FOR SEEKING PRIMARY CARE AND FEW EFFECTIVE THERAPIES HAVE BEEN IDENTIFIED<sup>(1)</sup>

## STRESS

PSYCHOLOGICAL STRESS HAS THE PROPENSITY TO EXACERBATE IBS SYMPTOMS PARTICULARLY BOWEL FUNCTION. DEPRESSION AND ANXIETY FURTHERMORE AGGRAVATE SYMPTOMS OF IBS

17% OF PATIENTS TESTED POSITIVE FOR BACTERIAL INFECTION<sup>(1)</sup>

62% OF PATIENTS HAVE INSUFFICIENT BIFIDOBACTERIUM COMMENSAL BACTERIA<sup>(1)</sup>

60% OF PATIENTS TESTED POSITIVE FOR YEAST OVERGROWTH<sup>(1)</sup>

36% OF PATIENTS TESTED POSITIVE FOR PARASITIC INFECTION<sup>(1)</sup>

## EXERCISE

THE BEST MODE OF EXERCISE IS SAID TO BE YOGA, WHICH DEMONSTRATED IMPROVEMENTS OF IBS SYMPTOMS EQUIVALENT TO CONVENTIONAL TREATMENT<sup>(2)</sup>

## CLASSIFICATION

IBS-D: DIARRHOEA PREDOMINANT  
IBS-C: CONSTIPATION PREDOMINANT  
IBS-M: MIXED FORM

75% OF PATIENTS SUFFERING WITH IBS IN THE USA GO UNDIAGNOSED<sup>(1)</sup>

87% OF PATIENTS HAVE INSUFFICIENT LACTOBACILLUS COMMENSAL BACTERIA<sup>(1)</sup>

## FOOD PRODUCTS

SOFT DRINKS, CEREALS, PACKAGED OR BAKED GOODS, SORBITOL AND OTHER SUGAR-FREE PRODUCTS MAY CAUSE INCREASED FLATULENCE, ABDOMINAL DISCOMFORT AND DIARRHOEA

## DIET

FOOD INTOLERANCES AND ALLERGIES ARE STRONGLY ASSOCIATED WITH IBS. FOODS ASSOCIATED WITH IBS SYMPTOMS: WHEAT, DAIRY, EGGS, COFFEE, YEAST, POTATOES, AND CITRUS FRUITS

## GENDER

WOMEN ARE STATISTICALLY 1.5 - 2 TIMES MORE LIKELY TO DEVELOP IBS COMPARED TO MEN<sup>(1)</sup>

## DISCLAIMER

The information on this page is from a clinical audit based on comprehensive stool analysis findings as ordered by the Wilma Kirsten Clinic. The stated values may be subject to change as the sample size increases. It is not to be copied or redistributed without the permission of the author.

## SOURCES

<sup>(1)</sup> Based on 409 tests. All tests were comprehensive stool analysis and parasitology done by either Genova Diagnostics or Doctors Data laboratories in the USA. (1) Greenfield, RH (MD) (2011). An Honest Response - Placebos and IBS. *Alternative Medicine Alert*, Vol. 14, Issue 2, p. 20. (2) Yoon, et al (2011). Management of Irritable Bowel Syndrome (IBS) in Adults: Conventional and Complementary/Alternative Approaches. (3) Taneja et al (2004). Yoga versus conventional treatment in diarrhea-predominant irritable bowel syndrome: a randomized control study. *Applied Psychophysiological Biofeedback*, Vol 29, pp. 19-31.



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