IBS Treatments

by NEWLIFEOUTLOOK TEAM

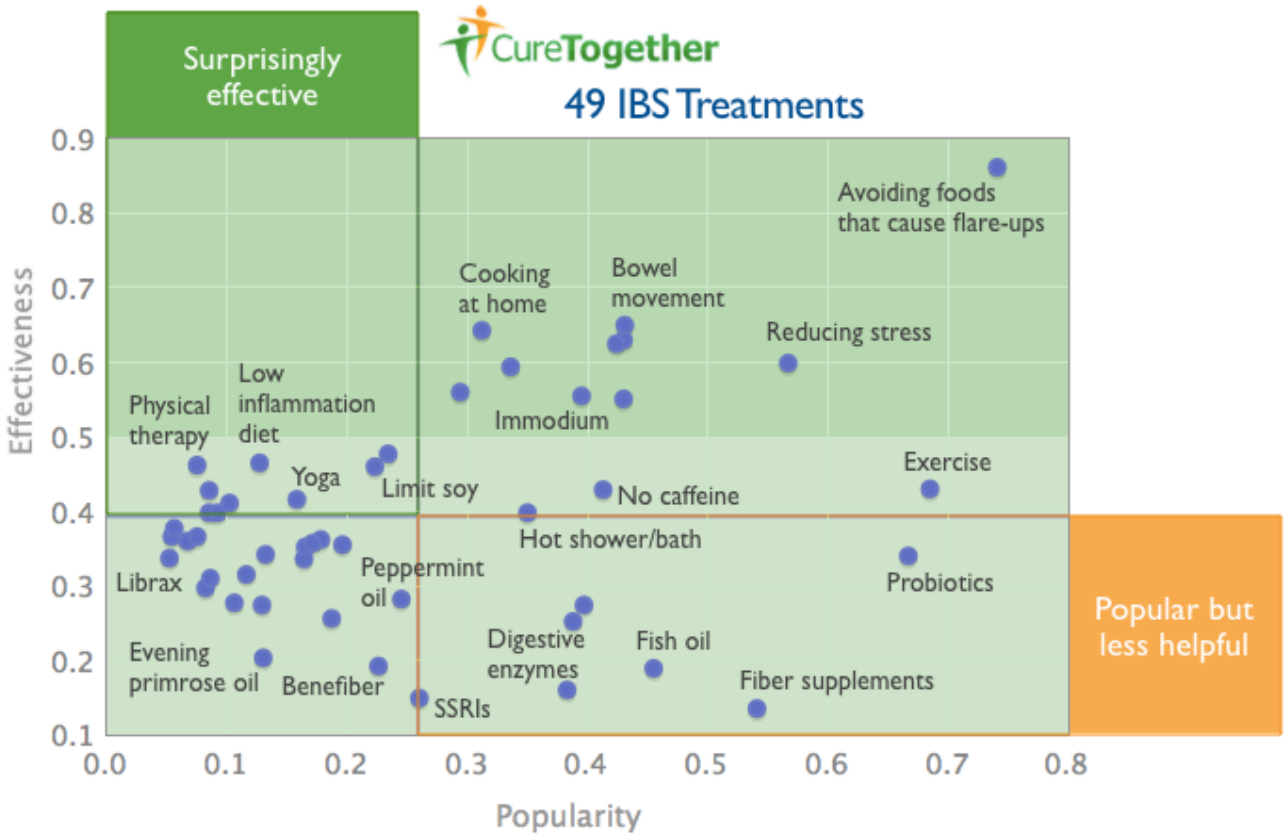
How Effective are the Popular IBS Treatments?

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.


Surprisingly effective
CureTogether
49 IBS Treatments
Popular but less helpful
Effectiveness
Popularity
0.9
0.8
0.7
0.6
0.5
0.4
0.3
0.2
0.1
0.0
0.1
0.2
0.3
0.4
0.5
0.6
0.7
0.8
Avoiding foods that cause flare-ups
Cooking at home
Bowel movement
Reducing stress
Immodium
Physical therapy
Low inflammation diet
Yoga
Limit soy
No caffeine
Exercise
Hot shower/bath
Librax
Peppermint oil
Probiotics
Digestive enzymes
Fish oil
Evening primrose oil
Benefiber
SSRIs
Fiber supplements