



# IBS Home Therapy Guide

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## Self-Care Solutions

Living with irritable bowel syndrome (IBS) can be devastating at first. You may go through test upon test to find out what is irritating your intestines. You may notice alternating episodes of constipation and diarrhea. Many people also complain of bloating, gas, stomach noises, pain and tiredness. If you suspect you have IBS, it is a good idea to discuss this with your doctor, especially if you have these symptoms. This way, you can decide the best route for managing this disorder. Let's take a look at IBS home therapy methods.

Studies have shown that managing stress is probably the number one thing to help control irritable bowel syndrome. Also, diet and exercise help with the controlling of IBS. Many people have suffered more symptoms of irritable bowel syndrome from just eating. Several foods will trigger the IBS into a vicious cycle, which may cause most sufferers to avoid eating regularly. Also, many with IBS may suffer from poor appetites and weight loss. These individuals need to discuss this with their doctor to find the right foods for IBS control.

## Fiber in the Diet

An increase in fiber usually helps keep IBS under control by controlling symptoms such as constipation and diarrhea. High-fiber foods are good for IBS sufferers, yet some of these foods will produce gas. If the patient suffers from gas and bloating, high-fiber foods should be limited or avoided. Below is a list of foods high in fiber:

- **Fruits** – Apples, pears and berries.
- **Vegetables** – Green leafy vegetables, carrots and tomatoes.
- **Breads and Cereals** – Whole grain breads and cereals.
- **Beans** – Garbanzo, kidney and pinto beans.

A fiber supplement may be taken to increase the fiber in the diet. Metamucil has been proven to help with fiber increase. Psyllium is one of the active ingredients which produces the fiber. Wheat dextrin is also good, and some fiber supplements. Always take fiber in a lower dosage and build up slowly over a month or two. Always drink plenty of fluids, especially water, when taking in more fiber.

## Avoid Foods that Cause Gas and Bloating

Foods that can cause gas and bloating include cabbage, peas, broccoli and some beans. Also, avoid or limit intake of candy, caffeine, sugar-free products and mostly alcohol. Some reports caution IBS sufferers to avoid chocolate and certain types of corn products, such as popcorn, as these can contribute to gas and bloating.

## Stress Dangers

As stated before, stress is one of the main causes of irritable bowel syndrome. Managing this enemy will help combat the disorder that wreaks havoc on your system. There are a few ways of keeping stress levels low, such

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as:

- Meditation or prayer.
- Yoga.
- Socializing.
- Pets.
- Long, hot bath.
- Sex.
- Hugs.

### **Getting Exercise**

To get relief from IBS symptoms, you must get exercise. Exercise along with diet is the best combination to combat IBS. It will also help your emotional and mental state of mind along with better sleep patterns and more energy during the day. Just 30 minutes to an hour of walking, swimming, dancing or biking can improve your health and in turn, your IBS. Studies show that people with IBS who did not exercise suffered more symptoms.