



Calming Your IBS

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Ways to Calm Your IBS

Would you like to find ways of calming your IBS without medications? There are more natural ways to pamper your colon without harsh prescription drugs, and the alternatives can be gentler to your digestive tract. Here is a list of things you can try to address your IBS symptoms:

1. **Supplement your diet with vitamin C and magnesium.** You may not know this, but vitamin C has laxative properties. If you take a large amount of it in the form of ascorbic acid or sodium ascorbate, you will find that it can help you with constipation. As a side benefit, it is a powerful immune booster as well. Magnesium citrate is another supplement that is a great laxative that promotes a healthy colon. It is advised to take 1000 mg of vitamin C and 325 mg of magnesium every day and gradually increase the dosages until you find what works for you.
2. **L-glutamine for regulation.** If you suffer from IBS, you may be among those who have bouts of both constipation and diarrhea. You may have a leaky gut or bloating that is causing you misery. You may want to try L-glutamine; it is one of the best supplements to help repair leaky gut. L-glutamine is an amino acid in our muscles, but it is also known to be living “food” for the cells in our intestinal wall lining. It helps repair the gut and helps with the IBS symptoms. It is recommended to take it in powder form and consume up to 80 grams of it a day to help quickly seal the lining of your digestive tract. After five days, you can taper it down to 5-10 grams for maintenance.
3. **Avoid refined and processed foods.** All the unnatural food that is part of the American diet contributes to IBS in a bad way. GMOs, refined sugars, hydrogenated oils and pesticides in our food cause damage to the intestinal tract. Avoiding common additives is the way to calm your gut.
4. **Eliminate the perpetrators.** There are some fruits and veggies that cause problems for people with IBS. High-fat, greasy foods, along with whole dairy, are hard for the body to digest since fat takes the longest to digest, so they should be avoided if they cause you problems. Lower fat selections may help reduce IBS in most people. Select fruits and vegetables that you can digest more easily.
5. **Perform a colonic massage.** Massaging the abdomen may help get things moving without needing medication to move things along. Known as a colonic massage, you can do this by lying on your side and massaging your abdominal area with your fists. This is to facilitate movement within your intestines.
6. **Heal your gut with zinc L-carnosine.** Zinc L-carnosine is known for its healing properties in the gut. It is a safe supplement and has been used in Japan since 1994 medically for this purpose. You can get it in the U.S. without a prescription, and it can help with an array of gut problems, such as gastroesophageal reflux disease (GERD), leaky gut, IBS and ulcers.