

Irritable Bowel Syndrome Remedies

There are many products which may be effective irritable bowel syndrome remedies, but their effectiveness may depend on whether diarrhea, constipation or both are present. The same is true of an herbal remedy. Irritable bowel syndrome is typically diagnosed when the following symptoms are present: abdominal pain is relieved by a bowel movement, there is a change in the appearance of the stool, and there is a change in the frequency of bowel movements. And, also after other more serious conditions are ruled out. If the stool is loose and more frequent, then the diagnosis may be IBS with diarrhea, but if the stool is hard and less frequent; IBS with constipation. Over a period of several months or several weeks, individuals with IBS may have times of constipation and times of diarrhea. All of this makes recommending irritable bowel syndrome remedies difficult and treating IBS complicated. Dietary changes and a complete treatment plan will be more effective in the long run than any herbal remedy. Irritable bowel syndrome remedies may provide only temporary relief. When constipation is present, recommended over the counter irritable bowel syndrome remedies may include laxatives. But, taking laxatives may lead to diarrhea, can be habit forming and become ineffective after continued use. Aloe is a recommended herbal remedy. Irritable bowel syndrome with constipation may be relieved with products containing aloe, but may worsen diarrhea. A product containing slippery elm may be an effective herbal remedy. Irritable bowel syndrome with constipation or diarrhea may be relieved by using a product containing slippery elm. It has been used historically by native peoples to treat both constipation and diarrhea. When diarrhea is present, recommended over the counter irritable bowel syndrome remedies may include an anti-diarrhea product like Immodium or Kaopectate. These products may reduce diarrhea, but researchers have found that they do not relieve other symptoms such as stomach ache and bloating. Both aloe and slippery elm have an anti-inflammatory effect which may relieve stomach ache. Bloating and gas may be relieved by antacids, anti-gas products or an herbal remedy. Irritable bowel syndrome remedies made from herbs and botanicals often include several ingredients (several different herbs and plants) in an attempt to relieve all of the symptoms of IBS. Gastronic Dr. is one such herbal remedy. Irritable bowel syndrome remedies are heavily marketed and highly advertised. IBS has become a fairly common diagnosis, affecting as many as one in five people at some point in their lives.

About the Author

In looking for remedies to lose that unwanted weight, it is better to look. Indeed, there are heaps of herbal remedies to choose from in order to lose.

Source: <http://www.productsherbal.com>