

## Vitamin Supplements To Help IBS

Indigestion, bloating, abdominal pain, intermittent constipation or diarrhoea, urgent need to defecate, loose or watery or hard or lumpy stools, feeling of incomplete bowel movement, abdominal fullness, wind, abdominal soreness, fatigue, backache, passing mucus during defecation and abdominal swelling are all symptoms of irritable bowel syndrome (IBS). Irritable bowel syndrome (IBS) is a common condition that affects the gut, it is believed that up to 15% of the population suffer from it once during their lifetime. The exact cause of irritable bowel syndrome (IBS) is unknown, although food sensitivities and allergies, stress, bowel infection, bowel inflammation and sensitive bowel muscles could all be contributing factors that trigger irritable bowel syndrome (IBS) symptoms off. Other inflammatory bowel diseases like ulcerative colitis and Crohn's disease are not thought to be related to Irritable bowel syndrome (IBS). Food containing caffeine, fructose, or sorbitol, dairy products, spices, wheat, alcohol and beans are best avoided or limited in the diet as these are thought to be triggering foods. Sometimes fibre can trigger off irritable bowel syndrome (IBS) symptoms, it is best to try and experiment with fibre consumption, keeping to non-gluten grains such as corn, millet, rice and quinoa. In cases with severe constipation or diarrhoea taking fibre in the form of psyllium husks is extremely effective for relieving these symptoms. Peppermint and caraway oils are good for relieving wind and intestinal cramp whilst soothing the bowel wall. Taking probiotic supplements containing lactobacilli the friendly healthy bacteria has been known to improve the symptoms of irritable bowel syndrome (IBS), other supplements that have shown to improve irritable bowel syndrome (IBS) symptoms are cynara artichoke and aloe vera juice. Stress has been linked to irritable bowel syndrome (IBS); reducing stress will help with irritable bowel syndrome (IBS) symptoms. If you are suffering from irritable bowel syndrome (IBS) symptoms, it is always wise to consult your doctor. Irritable bowel syndrome (IBS) has similar symptoms to more serious bowel problems which may need medical treatment. The following supplements may help if you are suffering from IBS. Multivitamins and multiminerals

- Antioxidant complex
- Vitamin C
- L-glutamine powder
- GLA
- Probiotics
- Cynara artichoke
- Brewer's yeast
- Aloe Vera juice
- Psyllium

## About the Author

Vitamins and minerals, the best sources, what they are needed for, deficiency, detoxification.

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