



IRRITABLE BOWEL SYNDROME

There is a natural way to manage your symptoms!

What is irritable bowel syndrome?

Irritable Bowel Syndrome (IBS) is a functional disorder of the large intestine. It is not a disease (distinguishing it from coeliac and inflammatory bowel disease) but rather a group of symptoms, which include:

- abdominal pain/cramping
- chronic/episodic diarrhea or constipation
- bloated, swollen abdomen
- flatulence
- frequent, incomplete evacuation of stools
- presence of undigested food or mucous in stool.

What causes IBS?

While IBS has no apparent cause, there are several contributing factors such as:

- **Food sensitivities** – most sufferers report certain foods that aggravate their symptoms. Different foods can cause different reactions and food triggers vary from person to person.
- **Leaky gut** – a condition where the lining of the gut becomes more porous ('holey') and inflamed, allowing a greater amount of undigested food particles, bacteria, toxins and other materials to leak into the bloodstream and travel throughout the body.
- **Small Intestinal Bacterial Overgrowth (SIBO)** – a condition where a large number of certain bacteria (particularly bacteria, which is usually found in the colon) nests in the small intestine, which may damage the cell lining of your gut.

Food allergies and IBS

While the cause and effect of food allergies and IBS remains unclear, certain foods can trigger symptoms in IBS sufferers. These may include:

- sugars (e.g. juice, soft drink, alcohol)
- caffeine
- gluten, wheat and other wheat-related grains
- dairy and soy products
- processed foods
- spicy foods, onions and garlic.

Other food sensitivities that can contribute to IBS are natural and man-made food chemicals, such as:

- **salicylates** – high in colourful fruits and vegetables
- **amines** – high in aged food, such as cheese, wine, chocolate and cured meats
- **glutamates** – high in processed foods and sauces (e.g. MSG).

Some people find that they have a 'threshold' of certain foods/food chemicals that their body can tolerate. And these individuals only report IBS symptoms once they surpass this threshold amount, which can make it difficult to pinpoint the foods actually causing the reaction(s).

The correlation between food sensitivities and gut disorders is also circular – gut conditions can cause food allergies, but food allergies can also trigger various gut conditions. If these allergies go undetected, and inflammatory foods continue to be consumed, you may spark an inflammatory cycle where your gut lining cannot repair itself.

Natural allergy treatment for IBS

At Health & Wellness Australia (HWA), we use a technique called muscle testing (or kinesiology) to help identify your food sensitivities. Following testing, you can work with your practitioner to address your sensitivities using a natural allergy treatment called Positive Association Technique (PAT).

PAT is a non-invasive holistic therapy, which:

- draws on acupressure and kinesiology techniques
- aims to re-train your body
- may reduce your reactions to foods that may be causing or exacerbating IBS symptoms, including sugars, dairy, gluten and corn.

Some IBS cases can be complex, so our naturopaths may also recommend supplements, herbs, and lifestyle advice to help you achieve the best long-term results.

This fact sheet is intended as general information only. PAT cannot cure IBS – it is intended to decrease reactions and help manage IBS-related symptoms. It is not intended to raise unrealistic expectations. If symptoms persist, consult your GP.