Irritable Bowel Syndrome Understanding this Issue and Finding Relief* by David Nash

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Irritable bowel syndrome, also known as IBS, is a common issue among older adults. If you've noticed that your bowels have become unpredictable and problematic, you may be suffering from this condition. When the body is out of balance, it can be difficult for things to work properly, resulting in IBS for many people. Finding the right IBS treatment starts with understanding the problem. What is irritable bowel syndrome, exactly? Here are some things to know.

What is Irritable Bowel Syndrome?

Irritable bowel syndrome is a digestive disorder that usually affects the colon. It doesn't usually cause permanent damage, but it can be painful and difficult to tolerate. Usually, this condition is caused by a lack of proper bacterial balance in the digestive system.* That means that things don't function as they should and that the system is more susceptible to toxins and bad bacteria that can lead to serious health issues.* More info on IBS symptoms include:

- Stomach pain/cramps

- Gas and bloating

- Diarrhea

- Constipation

Everyone is different, so the symptoms might be different for you. Any combination of these, however, could be indicative of IBS. Finding inulin sources can be helpful and it will help provide your body with the right support for total digestive health.*

Diet for Irritable Bowel Syndrome*

For some people, a strict diet can be a solution for irritable bowel syndrome.* There are certain foods that contain probiotics that can offer the support that your body needs.* Additionally, there are some foods that your body just might not agree with as a result of IBS. Therefore, changing your diet to help with irritable bowel syndrome can be a solution for people who want natural relief.* There are OTC products that you can take to alleviate symptoms, but you have to remember that these don't offer relief from the cause of the issue at all.*

How Supplements Can Help

Supplements that include probiotics can be an addition to a special diet, or an alternative remedy.* You can find probiotic supplements that are specifically designed to help balance your digestive health, which will alleviate a lot of the symptoms that you are experiencing simply by offering a solution to the cause of the issue in the first place.* Supplements are something that you should talk to your doctor about and you should always be looking for the most reputable probiotics so that you can get the digestive support that you deserve.*

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If you have more questions about irritable bowel syndrome, ask David Nash. He writes regularly on a topics like IBS treatment, symptoms, a constipation remedies, and more.

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