

Published based on [Natural Remedies For Irritable Bowel Syndrome \(IBS\)](#).

# **Natural Remedies For Irritable Bowel Syndrome (IBS)**

According to WebMD, a trusted medical website, there are about 58 million individuals who suffer from irritable bowel syndrome, also generally known as IBS. If you're one of those people or if you suspect that you may be, you might be plagued with cramping, bloating, constipation, and belly discomfort. In the event you suspect that you are suffering from IBS, a visit to your healthcare provider is advised. This is important as the symptoms of IBS can occasionally be caused by another complex medical problem. With that said, even if you're diagnosed with having IBS, there's a good chance that your doctor will recommend numerous natural remedies for therapy.

As previously stated, many healthcare experts recommend natural remedies for irritable bowel syndrome (IBS). Many are surprised by this reality. Obviously, medications, such as antidepressants and anti-diarrhea may be prescribed, but most discover the greatest relief with natural remedies, as well as way of life changes. This is really a reality that many expert healthcare providers are nicely aware of.

Modifying your diet is a easy and natural way to manage irritable bowel syndrome (IBS). Wholesome foods are a must, but so are foods that are high in fiber. Fiber assists to regulate the digestive program, therefore resulting in effective and normal bowel moments. This provides much needed relief to many suffering from IBS. In the event you must, fiber supplements may be taken; nevertheless, fiber is naturally discovered in a large number of foods. These foods consist of fresh fruits and vegetables and whole grain foods, such as whole grain bread or cereal.

As for the discomfort and discomfort that's often associated with irritable bowel syndrome (IBS), there are numerous natural remedies that may result in discomfort relief. One of those remedies is exercise. Additionally to walking, running, or aerobics, stretching often provides many people suffering from IBS with relief.

As previously stated, consuming foods that are high in fiber is a superb way to naturally relieve the symptoms of irritable bowel syndrome (IBS). One approach which you won't want to take is using the use of laxatives. Many people confuse laxatives with fiber supplements, but they are not the exact same. Laxatives are actually regarded as over-the-counter medications, as they are not natural. Laxatives may temporarily relieve the feeling of constipation, but they are not a permanent fix. In fact, too many laxatives can have a negative impact on the body, which could lead to additional well being complications.

As a reminder, if you believe that you are suffering from IBS, such as in the event you continuously feel bloated, have stomach cramps, or constipation, it's important which you first seek medical attention. This will assist to make sure which you are dealing with irritable bowel syndrome and not a more serious medical illness. Once you have been diagnosed as getting IBS you can seek relief by utilizing a few of the above mentioned natural remedies.

Hopefully you enjoyed reading this article. I have written other articles on topics such as Hemorrhoids. So if you are suffering with [bleeding hemorrhoids](#) and are looking for an effective external hemorrhoid treatment or a proven [hemorrhoid cream](#) then do a search on Hemorrhoid Creams Blog for a variety of proven products.

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