Irritable bowel syndrome, or IBS, is characterized by ongoing abdominal pain or discomfort and changes in bowel pattern. IBS is a complicated digestive disorder with varying symptoms, which can range from mild to severe. Common irritable bowel symptoms can include loose or more frequent bowel movements, gas, mucus in the stool, loss of appetite, diarrhea and/or constipation.

IBS mostly affects the large intestine. Sometimes irritable bowel syndrome is referred to as irritable colon, spastic colon, spastic colitis, mucous colitis, or nervous stomach. The causes of IBS are unclear, but it often occurs after an intestinal infection. An imbalance of the bacteria in the gut, intestinal inflammation, food allergies, hormones, overactive nerves in the intestine, and disorders of the intestinal muscles may also play a role. Stress is often an underlying or aggravating factor.

Irritable bowel syndrome is often confused with - but is not the same as - inflammatory bowel disease (IBD). IBD and IBS symptoms can be similar, but IBS is usually less severe. IBS is the first step on the continuum to more serious bowel disease, and still has the power to completely disrupt your life. Depending on the severity of your IBS, you may:

- Not be able to sleep well
- Be in constant pain
- Be unable to engage in social activities due to diarrhea or flatulence (gas)
- Have trouble eating due to pain and bloating
- Suffer mouth ulcers, anal fissures, constipation, spasms, cramping, hemorrhoids, etc.
- Have “brain fog”, poor memory, a plugged ear, and/or floaters in your eyes

Often, one of the underlying, originating causes of IBS is chronic constipation. Constipation can also contribute to painful complications like hemorrhoids and anal fissures. You may be continually constipated, or it may alternate with periods of diarrhea (spastic colon).

Natural healing expert Jini Patel Thompson has written a book specifically for people with irritable bowel syndrome. *Listen To Your IBS* contains everything you need to completely heal your irritable bowel, addressing seven crucial areas: a damaged mucosal lining; an ongoing gut infection; the lack of a good, protective bacterial flora; systemic damage due to prescription drug use; the inability to properly digest nutrients from food; emotional trauma, and ongoing stress that continues to produce harmful biochemical reactions.

In order to be truly freed from the oppression of IBS, you need to take the time to address and heal ALL of the contributing factors and underlying bowel syndrome causes. Because digestive health and good nutrition are the foundation for the health of our entire body, any problem with your digestive system (even mild) seriously impacts your quality of life, and should not be ignored.

For full details and instructions, including dosages, please see our website:
[www.ListenToYourGut.com](http://www.ListenToYourGut.com)