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# Digestive Health

**Maintaining A Healthy Gut To Live Your Best Life!**

Ottawa Holistic Wellness

September 2019

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## Introduction

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Digestive issues seem to plague so many of us.

In addition, it is becoming more and more clear that  
a healthy gut equates to overall health.

It is the foundation of our immune system, our nutrition, affects the  
amount of inflammation in our bodies and much more.

We will look at some of the causes of digestive issues  
and some natural solutions.



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# CHAPTER 1

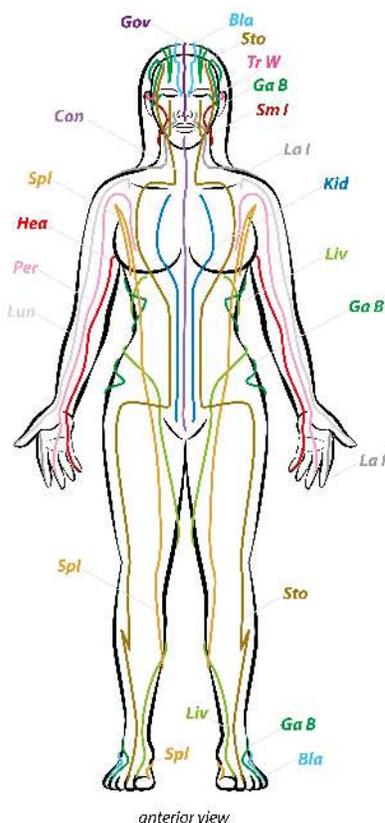
## THE CONNECTION BETWEEN THE GUT, EMOTIONAL WELL-BEING & POSTURE

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Digestive issues are a common complaint I hear in my practice. Whether it is bloating, loose stools, acid reflux, heart burn, burping or constipation it all has a common origin: gut health.

Gut health is a complex science. Scientific studies are uncovering more and more intricacies to this facet of the overall human condition, both in its physical impact on our health and the emotional toll a poorly balanced gut has on our well being. In this article, I will describe both physical and psychological tips to improve an imbalanced digestive system.

As an acupuncturist, practicing from a Traditional Chinese Medicine or TCM perspective, the smooth flow of Qi and Blood are key to gut health. When Qi stagnates or is deficient we can get looser bowels along with uncomfortable bloating, if Blood is deficient we can tend more towards constipation.



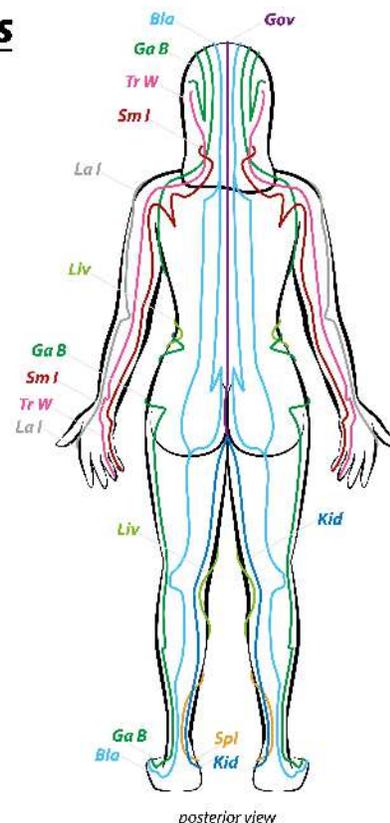
### The Body Meridians

#### Two Centerline Meridians:

Conception Vessel  
Governing Vessel

#### Twelve Principal Meridians:

Stomach Meridian  
Spleen Meridian  
Small Intestine Meridian  
Heart Meridian  
Bladder Meridian  
Kidney Meridian  
Pericardium Meridian  
Triple Warmer Meridian  
Gall Bladder Meridian  
Liver Meridian  
Lung Meridian  
Large Intestine Meridian



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## Physical Exercises To Help With The Smooth Flow Of Qi:

Qi runs along meridians and is easily blocked at the joints where the 'hoses' carrying Qi and Blood are prone to being kinked. The following are ways to help keep our meridians open and flowing smoothly.

**1. Qi Gong:** This is an ancient art and exercise form, which literally translates to Qi Practice. Qi Gong helps us move and cultivate more Qi or energy. Qi Gong focuses on breath, balance and flexibility and is suitable for all ages.

**2. Power Pose:** Amy Cuddy's Ted Talk entitled "Your Body Language May Shape Who You Are" explains how much of an effect our posture has on our nervous system. The gut has its very own nervous system, called the enteric nervous system. For our gastro-intestinal (GI) tract to be functioning well, it is important that we are not spending too much time in sympathetic mode, commonly referred to as 'fight, fight or flee'.

In her talk, Amy describes how in just two minutes in what she calls 'Power Pose' we can lower cortisol, the stress hormone, in our blood. The overall gist is rather than be the bunny or the deer, nervously darting about, be the cool calm and collected tiger. "Top cat of the savannah or top of the food chain" as my sister would say.

This two minute exercise is a very practical way of helping us get to the calm place we feel good in. I encourage all my patients (and friends) to watch Amy's Talk, as stress is at the root of so many health concerns.

**3. Acupuncture:** is a safe and effective modality that helps the nervous system go into rest and digest mode. A common thing I hear during treatments is something we call "Singing Intestines" or borborygmus. This is the gurgling noise we can hear when our stomachs are either hungry or digesting happily.

## Mental Exercises To Help With The Smooth Flow Of Qi:

The Liver's role in TCM is to ensure the smooth flow of Qi in the whole body. The following are some tips on how your behaviour can help keep your Liver happy, which in turn keeps your GI tract running smoothly.

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## 1. Practice assertiveness and protect your personal boundaries.

The Liver is happiest when the flow of Qi is not over controlled or under controlled. An example of over controlled Liver Qi is biting one's tongue when something or someone has upset you. Whereas yelling at someone with lousy driving skills is an example of an under controlled Liver. Assertiveness is the balance that keeps the Liver moving Qi along smoothly.

## 2. Minimize Electronic Device Use

As you probably have already noticed, the overuse of modern day technology causes much stress and leads to different problems both physically and mentally. These devices negatively impact our posture and, if you have been reading the whole way through, we know how impactful that is according to research done by Amy Cuddy. The increase in distraction and annoyance with constant notifications adds another layer to the stress.

Then there is the blue spectrum light. Just as a setting sun becomes more orange as it nears the horizon, so should the artificial lighting around us. There are fantastic apps and software, all free, that can have your devices more in sync with nature. In turn, this will help you sleep as the natural process of making melatonin, our sleep hormone, is not impeded by the artificial blue light spectrum.

These tips are easy & simple to employ. I urge you to try them out and hear your intestines sing!



### About the Author

*Emily Dunn studied in Ottawa to become a registered acupuncturist and has additional training in Dr. Tan's Balance Method, Master Tung's Points and facial rejuvenation for cosmetic acupuncture. What inspires Emily as an acupuncturist is the ability to use a millennia old, drug-free method to help people relieve their symptoms and to facilitate natural healing.*

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## CHAPTER 2

# STOP THE BLOAT!

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*Do you feel bloated after meals?*

*Passing more gas than usual?*

*Struggling with acid reflux?*

Maybe you also feel some abdominal discomfort or pain after eating certain foods.

If you experience significant digestive distress after meals, especially pain, it is a good idea to see a healthcare professional for proper diagnosis and treatment.



In the meantime, it would be a good idea to stock up your home medicine cabinet with natural remedies that can help to alleviate moderate gas and bloating.

So let's break it down by category.

### Herbs

Peppermint is an herb with a long history of use for digestive problems. Acting as an antispasmodic, peppermint oil relaxes smooth muscle in the digestive system. As a result, bloating and abdominal cramps can be alleviated by passing gas more easily.

Now let's take a look in the spice cabinet...

Fennel seed is another superstar when it comes to relieving bloating. Just a pinch of seeds to chew after a meal can also help to ease bloating and gas. Fennel also contains essential oils that help to relieve spasm and cramping in the digestive tract.

Ginger is an excellent remedy for nausea caused by digestive problems. It's a warming herb that can help with circulation during the cold winter months.

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## Probiotics

Probiotics, when accurately prescribed by a health professional, can help to relieve symptoms of Irritable Bowel Syndrome (IBS); bloating, gas, abdominal pain, and urgency.

One study compared a human-specific multi strain probiotic to placebo in 52 adults with IBS. The participants took the probiotic with a meal for 8 weeks. Over the course of receiving treatment, the IBS sufferers reported a significant improvement in symptoms of pain and bowel habits on the probiotic versus the placebo. Bloating improved after 4 weeks of probiotic use.

## FODMAPs

Fermentable oligosaccharides, disaccharides, monosaccharides and polyols are constituents present in varying quantities in different foods. They are a type of carbohydrate found in many grains and vegetables that we eat.

FODMAPs are not easily digestible or absorbable in the small intestine and may contribute to bloating and fullness in this area.

Once these partially digested carbohydrates reach the large intestine, they can cause excessive bloating and gas.

FODMAPs may also feed certain bacterial populations in the gut that can contribute to diarrhea or constipation in predisposed individuals.

Low dietary FODMAP intake by individuals with IBS can alter the bacterial populations of the gut and significantly improve quality of life related to bowel habits.

A low FODMAP diet can also lower the histamine burden within the gut; unchecked histamine in the digestive tract has been associated with higher scores of abdominal pain.

Always seek out the care of a health professional before starting any new supplement or diet. You have unique needs that may differ from someone else, so it's important to use the treatment(s) that are right for you.

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### **About the Author**

*Dr. Eric Viegas has an undergraduate degree in Health Sciences from The University of Western Ontario and has also completed doctorate equivalency from The Canadian College of Naturopathic Medicine (CCNM). He spent his years of study at CCNM devoted to acupuncture, botanical medicine, nutrition, homoeopathy, physical medicine, and counselling.*

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## CHAPTER 3

# HELICOBACTER PYLORI

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### ***What's Helicobacter pylori or H. pylori?***

H. pylori is a type of bacteria that infects the lining mucosa of the stomach. It can damage as well the first part of the small intestine (duodenum) causing pain and inflammation.

In some cases, it can also cause peptic ulcers in the upper digestive tract. H. pylori is common, mostly it won't cause ulcers but is still one of the main causes of ulcers.

The bacteria makes an enzyme called urease which makes stomach acids less acidic. This weakens the stomach's lining and leads to sores or ulcers in the stomach or duodenum.

The H. pylori bacteria can also stick to stomach cells and those areas get inflamed. H pylori can also cause stomach cancer.

### ***What are the causes of H. pylori infection?***

Some theories say the bacteria can be passed from person to person by mouth, such as by kissing or It may also be passed by having contact with vomit or stool.

### ***Who is at risk for H. pylori infection?***

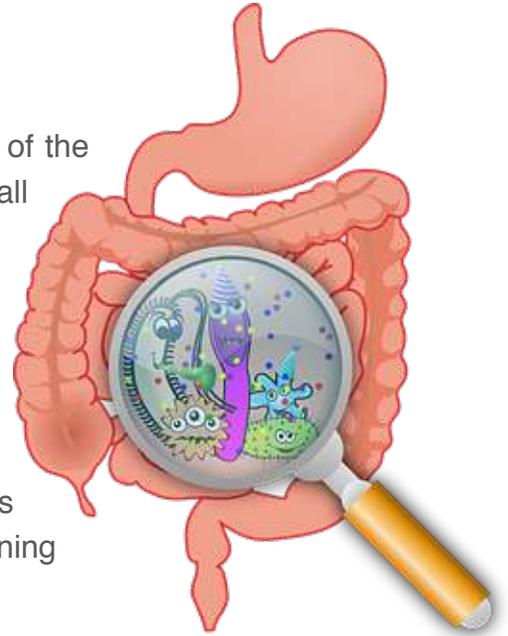
Over half the people with the bacteria are over age 50. Most people first get the bacteria when they are children, but adults can get it too.

### ***What are the symptoms of H. pylori?***

Most people have the bacteria for many years without any symptoms. Sometimes they may have redness and swelling in the stomach lining (gastritis). Others get sores or peptic ulcers in the stomach or duodenum.

These symptoms may include abdominal pain which can be presents by:

- A dull pain that doesn't go away
- Occurs 2 to 3 hours after meals



- 
- Come and go for several days or weeks
  - Occurs in the middle of the night when stomach is empty Go away by meals or take medicines like antacids

May cause anemia because of bleeding Other symptoms of an ulcer may include:

- Weight loss
- Not feeling hungry
- Swelling or bloating
- Burping Having an upset stomach, nausea or Vomiting

### ***What are the complications of H. pylori?***

A painful sore called a peptic ulcer in the upper digestive tract.

A very bad ulcer can wear away the stomach lining. It can also cause many problems like:

- Bleeding when a blood vessel is worn away
- A hole or perforation in the stomach wall
- Blockage when the ulcer is in a spot that blocks food from leaving the stomach
- H. pylori can also lead to stomach cancer

### ***How to prevent H. pylori?***

Having good health hygiene can help keep you safe. This can include:

- Proper hand Washing with soap and water, especially after using the bathroom and before eating
- Make sure the food has been cleaned and cooked safely
- Drinking water is to be safe and clean
- Ozone therapy

Using Ozone therapy is one of the natural tools to prevent and manage H. Pylori as it helps to inactivate the bacteria and enhance the immune system at the same time.



#### **About the Author**

*Mohamed Mahrous is a passionate, caring medical practitioner. He has a particular interest in digestive health and brings many years of experience in this field. He offers colon hydrotherapy and gets great pleasure from seeing his patients' digestive health improve and, along with that, their overall health and wellness. He also offers Cupping and Ozone Therapy.*

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## CHAPTER 4

# GASTROESOPHAGEAL REFLUX DISEASE (GERD)

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One of the most common digestive complaints I hear about is acid reflux, also known as GERD (Gastroesophageal Reflux Disease).

While there are both over the counter and prescribed medications that can be taken to control the symptoms, many people have decided that symptom management is not the answer. Instead, they are choosing to look for the root cause of the problem.

They understand that by finding the root cause, the problem is being fixed at the source which leads to better long term outcomes.

Before we dive deeper into the structural (anatomical) cause associated with reflux, remember that the function of your organs is directly related to your anatomical structure.

Said otherwise, tight muscles and joints that don't move have a direct relation to your body's functions. This means that by restoring proper motion and symmetry in your body, we are also restoring proper function.

So now we have an abnormal function (reflux) and we need to find an anatomical correlation, correct it, and let the body self-regulate. To do this, we must make sure the blood supply and nerve supply to the affected organ is not obstructed.

The blood and nerve supply of the stomach is dependant on the proper functioning of something called the celiac plexus. A plexus is a web-like network of nerves that carries information to and from specific parts of your body.

The celiac plexus is particularly important for digestion. Anytime your stomach needs to do something, such as produce more or less acid, the signal that triggers this to occur has to pass through this plexus.

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That being said, we need to make sure that this pathway of communication is open and ready to do its job, otherwise, how can the stomach do its job?

It is with this thought process that the trained Osteopathic Practitioner will examine all anatomical structures surrounding the celiac plexus, as well as the areas of the spine from which originate the nerves that are heading to the stomach via the plexus.

Any abnormalities found in these areas would be corrected, which would then allow your stomach to function the way it should, without the need for any medication or supplements.

That's what finding and correcting the root cause of a health concern truly means, and yes, it's within reach!



#### About the Author

*Arianne Gosselin, Osteopathic Manual Practitioner, believes the body is a vital, living machine, which already possesses everything it needs to self-heal. Her experience and training have shown her that, when the body is structurally sound, this ability is present and occurring without conscious thought.*

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## CHAPTER 5

# NATURAL IBS TREATMENT OPTIONS: THE COMPLETE GUIDE

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This article is the most comprehensive guide to natural IBS treatment options in Ottawa... ever! In this guide, you will learn everything you need to know about the natural IBS therapies that are available in Ottawa.

Irritable bowel syndrome or IBS is a growing concern among thousands of people in Ottawa. Treatment options offered by family doctors are limited to medications which are ineffective and have adverse side effects.



The question is: ***Are there any safe and natural IBS treatment options in Ottawa?*** Well, that's where this ultimate guide comes in.

### Acupuncture

#### ***What is Acupuncture?***

Acupuncture is a type of alternative medicine that involves inserting thin needles through a person's skin at specific points on the body.

#### ***How does Acupuncture work?***

The needles are thought to affect the energy in the body and influence the body's different systems, including the digestive system.

#### ***Does Acupuncture help IBS?***

Research suggests that Acupuncture can help digestive function, including IBS.

#### ***How do you find a practitioner who does Acupuncture in Ottawa?***

There are several types of practitioner that practice acupuncture in Ottawa.

- 
- Traditional Chinese medicine practitioners, especially those trained in China, tend to have a greater depth of training.
  - Licensed Acupuncturists working in Ottawa have similar training to TCM practitioners but have completed their studies in Canada.
  - Naturopathic doctors are taught Acupuncture as part of their course, but not as extensively as TCM practitioners.
  - Some chiropractors and physiotherapists also practice Acupuncture, who usually learn through short post-graduate courses.

Our initial recommendation is that you look for a TCM practitioner and if not a licensed acupuncturist.

## **Food Allergy Testing**

### ***What is food allergy testing?***

Food allergy testing looks at which foods your body reacts to negatively.

Two of the main types of food allergy testing are:

- 1.** IgG Blood Food Allergy Testing
- 2.** Muscle Response Food Allergy Testing

### ***How does food allergy testing work?***

IgG food allergy testing works by measuring the level of antibodies to a particular food are in the blood. With muscle response testing, practitioners test muscles in the presence of different foods.

### ***Does allergy testing work for IBS?***

Research has shown a link between IBS and different foods, including wheat and dairy. IgG blood testing has been shown through research to be an effective way to identify food allergens.

At present, there is no scientific only anecdotal clinical evidence that muscle testing is an effective method for testing food allergens.

### ***Where can you find allergy testing in Ottawa?***

You can get IgG food allergy testing through your family physician, nurse practitioner or naturopathic doctor. You can find food allergy testing with muscle testing by searching for a natural allergy practitioner.

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## Chiropractic

### ***What is Chiropractic?***

Chiropractic is a type of alternative medicine chiefly concerned with the diagnosis and treatment of the musculoskeletal system, especially the spine. Chiropractic treatment mainly involves adjustment of the spine.

### ***How does Chiropractic work?***

Chiropractic works by improving spinal motion and spinal nerve supply to the muscles, joints and organ systems, including the gastrointestinal system.

### ***Does Chiropractic help IBS?***

Research into the effects of Chiropractic on IBS is limited. However, a 2015 review or summary of research suggested that chiropractic care could be considered as adjunctive therapy for patients with various digestive symptoms, including IBS.

### ***How Do You Find Chiropractor in Ottawa?***

Chiropractic is a regulated profession in Ontario. As such, all chiropractors working in Ontario are registered with the College of Chiropractors. You can find a chiropractor in Ottawa by COC's searchable online public register. Remember, you may also want to consider seeing a chiropractor who also uses Acupuncture as part of their practice.

## Functional Medicine

### ***What is Functional Medicine, and how does it work?***

Functional medicine is a branch of western medicine that looks to identify and treat the underlying causes of symptoms.

### ***Does Functional medicine help IBS?***

Because of the multifactorial approach of Functional medicine to the treatment of IBS, research is difficult and so limited. That said, when diagnosing, functional medicine practitioners use the latest scientifically validated diagnostic tools to identify the causes of IBS. When treating practitioners use, when possible, only use drugless therapies that have been shown to help IBS.

### ***How to Find a Functional medicine practitioner in Ottawa?***

There is no centralized organization for Functional medicine practitioners in Canada. As such, finding and choosing a practitioner is usually done by researching the internet.

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Most Functional medicine practitioners have completed some training through the [Institute of Functional Medicine](#) in the United States.

## Energy Medicine

### ***What is Energy medicine?***

Energy medicine is a branch of alternative medicine that includes therapies such as [energy healing](#), [reiki](#) and [shamanic healing](#).

### ***How does energy medicine work?***

Scientists have not yet been able to identify the exact mechanism through which energy medicine works, although the explanation is thought to lie in the realm of quantum physics. Energy practitioners are believed to facilitate the release of blocked energy in the body.

### ***Does Energy Medicine Work For IBS?***

To date, there have been no clinical trials into the efficacy of energy medicine techniques for helping IBS symptoms. At present, we can only offer clinical anecdotal evidence that energy medicine helps IBS symptoms.

### ***How to find an Energy Medicine Practitioner in Ottawa?***

Like Functional medicine, there is currently no governing association for energy medicine. Therefore, we advise you to seek a personal recommendation from your friends or family.

## Naturopathic Medicine

### ***What is Naturopathic medicine, and how does it work?***

Naturopathic medicine is a type of alternative health care. It focusses on prevention and the promotion of optimal health through the use of natural therapies that promote the body's natural healing ability.

### ***Does Naturopathic medicine work for IBS?***

Like Functional medicine, naturopathic medicine practitioners try to use the most up to date scientifically validated therapeutic interventions for IBS

### ***How to find a Naturopathic Doctor in Ottawa?***

You can find a naturopathic doctor near you by searching through the Ontario Association of Naturopathic Doctors [website](#).

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## Osteopathy

### ***What is Osteopathy, and how does it work?***

Osteopathy is a branch of alternative medicine that treats the body through gentle manipulation of the fascia, muscles, joints and viscera to help promote the body's natural healing ability.

### ***Does Osteopathy work for IBS?***

Research looking at the effectiveness of Osteopathy in the treatment of IBS is limited, but results are encouraging. In a pilot study, published in 2012, researchers concluded that Osteopathy should be considered as an effective complementary alternative medicine in the management of IBS symptoms.

### ***How to find an Osteopath in Ottawa?***

You can find an osteopath near you by searching through the Ontario Association of Osteopathic Manual Practitioners website.

### ***Did I miss anything?***

Now I would like to hear from you.

### ***Which treatment from today's post are you going to try first?***

Or maybe I did not mention one of your favourite natural IBS treatment option in Ottawa. Either way, let me know by leaving a comment below right now.

### **Disclaimer:**

***This article is not intended to provide medical advice, diagnosis or treatment.***



### **About the Author**

*Dominick Hussey, Functional Medicine and Osteopathic Manual Practitioner, combines osteopathy, functional medicine with nutrition and lifestyle counselling in his practice, and strongly believes that healing is a process in which the patient must take an active role.*

*He has become disillusioned with modern approaches which simply provide a band-aid approach to mask and temporarily relieve symptoms. His passion is in determining the real, underlying cause for those symptoms and in so doing to bring about true, deep, lasting healing.*

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## CHAPTER 6

# 16 SCIENTIFICALLY PROVEN BEST IBS SUPPLEMENTS

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### *Are you looking for a supplement to help with your IBS symptoms?*

Well, you are in the right place! Because today I am going to show you the 16 best IBS supplements that you may consider taking.

### *The best part?*

All these supplements have been shown in scientific research papers to reduce IBS symptoms.

#### **1. Aloe Vera**

Aloe vera (AV) is a herbal medication used as a remedy for various diseases in traditional medicine. It has been shown to have hepato-protective, anti-inflammatory, and anti-ulcerative benefits.

In a meta-analysis of eight randomized control trials (RCT), the authors concluded: Aloe Vera is effective and safe for the treatment of patients with IBS. The common outcome from all the trials was a reduction in the severity of symptoms plus there were no adverse side effects.

**Dosage:** There is no information regarding dosage.

#### **2. Arrowroot**

Arrowroot is a starch taken from the rhizomes of numerous tropical plants, traditionally Maranta arundinacea, but also Florida arrowroot from Zamia integrifolia, and tapioca from cassava, which some label as arrowroot.

A small pilot study found: Arrowroot reduced diarrhea and eased abdominal pain in people with IBS.

**Dosage:** 10 ml of Arrowroot powder three times a day.

#### **3. Artichoke Leaf Extract**

There is a growing body of evidence which indicates therapeutic properties for artichoke leaf extract (ALE).

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In a 2001 post-marketing surveillance study, the researchers concluded: These results provide support for the notion that ALE has potential value in relieving IBS symptoms...”

**Dosage:** There is no information regarding dosage.

#### 4. Carmint

Carmint contains total extracts of *Melissa officinalis*, *Mentha spicata*, and *Coriandrum sativum*, which have antispasmodic, carminative, and sedative effects.

In a small pilot RCT, the researchers concluded that: Carmint plus loperamide or Carmint plus psyllium (depending on the irritable bowel syndrome subtype) might be effective in these patients.

**Dosage:** There is no information regarding dosage.

#### 5. Casperone

Casperone® is a supplement containing *Boswellia serrata* extracts.

In a clinical trial, the researchers concluded: Casperome® supplementation could represent a promising alternative approach to manage symptoms associated with IBS in otherwise healthy subjects.

**Dosage:** One tablet of 250 mg per day

#### 6. Eucarbon

Eucarbon Herbal Tablets are used for the short-term relief of constipation. The active ingredients include non-activated vegetable charcoal, stimulate digestion and act together to provide a laxative effect.

In a double-blind, randomized, multi-center, prospective clinical trial, the researchers concluded: The herbal preparation Eucarbon was effective and safe in IBS.

**Dosage:** There is no information regarding dosage.

#### 7. Curcumin and Fennel Oil

Fennel Oil is the oil extracted from the seeds of *Foeniculum vulgare*. Curcumin is a bright yellow chemical produced by *Curcuma longa* plants. It is the principal curcuminoid of turmeric, a member of the ginger family, *Zingiberaceae*.

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In a 2016 RCT, the researchers concluded: CU-FEO oil was safe, well-tolerated and induced symptom relief in patients with IBS.

**Dosage:** Two capsules of CU-FEO oil per day (Curcumin 42 mg and Fennel essential oil 25 mg, each capsule).

## 8. Partially Hydrolyzed Guar Gum

Partially Hydrolyzed Guar Gum (PHGG) is an all-natural, water-soluble, non-viscous, non-gelling, dietary fibre.

In a multicenter randomized open trial, researchers concluded: PHGG was effective for improving somatic (gastrointestinal symptoms) and psychological (quality of life and psychological distress) symptoms over the short term.

**Dosage:** Two dosages of Novafibra per day.

## 9. Montmorillonite

Beidellitic montmorillonite is a purified clay containing a double aluminium and magnesium silicate.

In a 2005 multicentre, double-blind, placebo-controlled, randomized study, with parallel groups, the researchers concluded: Although pain or discomfort was not significantly improved in the entire IBS population treated with beidellitic montmorillonite in comparison with placebo, this study demonstrates that beidellitic montmorillonite is efficient for C-IBS patients.

**Dosage:** 3g packets three times per day.

## 10. Pancreatic Enzymes

All enzyme supplements contain Pancreatin- a mixture of pancreatic enzymes, lipase, amylase and protease. These assist the digestion of fat, carbohydrates and proteins.

In a 1999 double-blind, crossover study, researchers concluded: pancreatic supplements reduce postprandial symptoms in healthy subjects suggests that these supplements also might be beneficial in irritable bowel syndrome.

**Dosage:** There is no information regarding dosage.

## 11. Peppermint Oil

Peppermint oil is volatile oil, and its active principle is menthol-contains a cyclic monoterpene which has anti-spasmodic properties due to its ability to block calcium channel of intestinal smooth muscles.

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In a prospective, double-blind, randomized placebo-controlled study, the researchers concluded that peppermint oil: is effective and safe as a therapeutic agent in patients with IBS suffering from abdominal pain or discomfort.

**Dosage:** There is no information regarding dosage.

## 12. Symprove multi-strain probiotic

Symprove is a liquid-based, multi-strain, gluten-free probiotic. It contains four bacterial strains suspended in a liquid extract of barley as a delivery medium.

In a single-centre, randomized, double-blind, placebo-controlled trial, researchers concluded: The multi-strain probiotic was associated with a statistically significant improvement in overall symptom severity in patients with IBS, and was well tolerated. These results suggest this probiotic confers benefit in IBS and deserves further investigation.

**Dosage:** 1 mL/kg each morning on an empty stomach.

## 13. Pycnogenol

Pycnogenol is the US registered trademark name for a product derived from the pine bark of a tree known as Pinus pinaster.

In a 2018 study, researchers concluded: Pycnogenol® has shown a significant, protective and preventive activity on IBS symptoms..

**Dosage:** 150mg per day

## 14. Tumeric Extract (Curcuma longa)

Turmeric is a flowering plant, Curcuma longa of the ginger family, Zingiberaceae.

In a partially blinded, randomised, two-dose, pilot study, researchers concluded: Turmeric may help reduce IBS symptomology.

**Dosage:** There is no information regarding dosage.

## 15. Vitamin D

In a randomised, double-blind, placebo-controlled clinical trial, researchers concluded: Vitamin D therapy can improve the severity of symptoms and quality of life in patients with IBS.

**Dosage:** 50,000 IU Vitamin D weekly for six weeks

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## 16. Zyactinase

Zyactinase® is an extract of green kiwifruit, formulated into the consumer healthcare products marketed as Phloe® and Kivia, used to assist in the relief of the symptoms associated with a range of digestive system dysfunction, including constipation and Irritable Bowel Syndrome (IBS).

In a randomised, double-blind, placebo-controlled clinical trial, researchers concluded: The green kiwifruit extract significantly induced normal bowel movements with no adverse effects. The kiwifruit extract relieved constipation and the symptoms of IBS such as bloating, flatulence and abdominal pain.

**Dosage:** Six 360 mg capsules per day taken as two capsules three times a day before meals for a total daily dose of 2160 mg/day.

### ***Did I Miss Anything?***

Now I would like to hear from you:

*Which of the best IBS supplements from today's post are you going to try first?*

Or maybe I did not mention one of your favourite supplement to help IBS.

Either way, contact me and let me know!

### **Disclaimer:**

***This article is not intended to provide medical advice, diagnosis or treatment.***



### **About the Author**

*Dominick Hussey, Functional Medicine and Osteopathic Manual Practitioner, combines osteopathy, functional medicine with nutrition and lifestyle counselling in his practice, and strongly believes that healing is a process in which the patient must take an active role.*

*He has become disillusioned with modern approaches which simply provide a band-aid approach to mask and temporarily relieve symptoms. His passion is in determining the real, underlying cause for those symptoms and in so doing to bring about true, deep, lasting healing.*

*To find out more about your health and how we can help you, come for a complementary, no-obligation consultation with one of our experienced health coaches.*

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