

Americans Suffer From Irritable Bowel Syndrome

Thousands and thousands of Americans suffer from irritable bowel syndrome. It affects young, old and middle aged. Men and women are both affected by this ailment. Many thousands of man hours are lost in the working world due to absence or when a person comes in to work, from being less productive simply because they don't feel well. Irritable bowel syndrome is blight upon American culture and on the American economy, and it is treatable and doesn't have to be that way.

The causes of irritable bowel syndrome are many, but the most common, according to many experts, is a build up of fecal matter and the resulting gas and bacteria that comes from it in the colon. The bacteria grows rapidly and spreads toxins throughout the body. The body reacts in a multitude of ways. This can be manifested in constipation, diarrhea, headache, water retention, or abdominal pain and cramping. No one likes having irritable bowel syndrome. It is painful, uncomfortable and inconvenient.

Controlling or getting rid of irritable bowel syndrome can be done in many cases through cleansing of the colon. A clean colon is a healthy colon, goes the old saying. Many people cleanse their colons through changing their eating habits. They turn to healthier foods such as big green leafy vegetables, fruits, salads, and whole grains for breads and pastas. They eat fewer fatty foods and less processed sugar. They don't go to fast food restaurants as often. And many of these people have also discovered the benefits of the natural supplement known as Bowtrol Colon Cleanser. Those who use Bowtrol Colon Cleanser have been known to recommend it to friends, relatives and acquaintances who suffer from irritable bowel syndrome as well, because it has worked so well for them. By using Bowtrol Colon Cleanser these people are enhancing the body's changes of cleansing the colon and discharging the fecal matter and bacteria that causes the problem. If you had basic science in junior high school, the concept should make sense. Getting rid of the bacteria gets rid of the toxins. Having two or three good bowel movements a day should get rid of the fecal matter, which should get rid of the bacteria and gas, and should result in a cleansed colon, fewer toxins and better health. In this way a combination of healthy eating and use of the supplement Bowtrol Colon Cleanser can lead to feeling better and improved health.

About the Author

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