

Irritable Bowel Syndrome - a condition that affect many

Abdominal pain, discomfort, changing bowel habits, diarrhea, these are just a few of the symptoms of irritable bowel syndrome, or IBS, a condition that affects many. Often associated with stress, chronic fatigue syndrome, fibromyalgia and chronic pelvic pain, irritable bowel syndrome is a condition that defies one single explanation. In some women menstruation triggers IBS. Some women find the condition worsened by pregnancy or by menopause. Regardless of the cause, and many are possible, relief for many comes from use of Bowtrol Colon Cleaner, a treatment that is safe to take daily and provides needed relief for many irritable bowel symptom sufferers.

While the cause of irritable bowel syndrome is not known and may be different in different people, all sufferers of IBS can probably benefit from a more health lifestyle, better eating habits, and a cleaner colon. Lifestyle improvements of course should include moderate exercise. Healthy eating habits should always include generous amounts of vegetables, fruits and legumes. Fats should be avoided, or at least not consumed in excess. These dietary changes and use of Bowtrol Colon Cleaner can bring relief to many. Remember of course that the gastrointestinal tract contains thousand and thousands of nerves. In fact, only the spinal column and brain contain more nerves in the human body. A clean colon helps these nerve endings. Also remember that gas is produced by intestinal bacteria is those who suffer from irritable bowel syndrome. Many studies have shown a connection between those with IBS and larger than normal amounts of gas production. A clean colon can help this condition, and Bowtrol Colon Cleaner can help keep a clean colon, hopefully leading to less distress, less discomfort and less pain.

Dietary fat can also be a culprit in IBS. Too much fat can cause food and gas both to move more slowly through the stomach and the small intestine. In this way too much fat can aggravate symptoms of irritable bowel syndrome. Another argument in favor of a healthy lifestyle and better eating habits, and another argument in favor of a clean colon through use of Bowtrol Colon Cleaner.

Many people wonder if Bowtrol Colon Cleaner is suitable for use by children, or by adults with diabetes or other serious health problems. Bowtrol Colon Cleaner was designed for use by adults and is not recommended for use by those under 18 years of age. The makers of Bowtrol Colon Cleaner recommend consulting a physician before administering any supplements to children. As far as diseases and other health problems such as diabetes, thyroid, or high blood pressure, again the makers of Bowtrol Colon Cleaner believe in being careful with one's health and recommend consulting a physician. However many doctors do recommend Bowtrol Colon Cleaner to their patients.

About the Author

For more information visit: www.bowtrolcoloncleanse.com

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