

Stress Can Cause Irritable Bowel Syndrome

We live in a stressful world. Stress at work, at school, over politics or social activities or family matters can all take their toll on an individual. Stress can have a negative effect on the body and stress can be made even worse by a condition known as IBS or irritable bowel syndrome. Irritable bowel syndrome can cause diarrhea in many people, and constipation in others. It can lead to gastritis, or gas retention in the colon. It can also lead to water retention and bloating, headaches and general discomfort. For many people the worst part of irritable bowel syndrome are the cramping and the abdominal pain that can be associated with it. Relieving irritable bowel syndrome, both symptoms and cause can go a long way towards relieving stress.

Many people find that they can acquire relief from irritable bowel syndrome through use of an all-natural product called Bowtrol Colon Cleanser. The idea behind use of Bowtrol Colon Cleanser is really quite simple and builds on knowledge that healthcare professionals have had for many years. The colon is a very large, complicated organ that connects to many other organs in the body through nerves. If the colon is in poor health this can affect all of the other vital organs in the body as well. If the colon is cleansed it can have a positive effect on the other organs and can relieve irritable bowel syndrome. The colon retains fecal matter and as it ages fecal matter, home to many bacteria the body wishes to discharge, grow and spread causing poor health and IBS. Two or three good regular bowel movements per day can discharge this fecal matter and the bacteria it contains and lead to enhanced health. Bowtrol Colon Cleanser can help with this process. Of course, the makers of Bowtrol Colon Cleanser also recommend the other factors involved in a healthy lifestyle. Moderate exercise and a sensible diet are key factors. Eating fewer fats and processed sugars and eating more fiber, vegetables, more fruits and more whole grains will do a world of good. Combined with use of all natural Bowtrol Colon Cleanser and a person is taking the necessary steps to good colon health, and relief of a cause of stress. The makers recommend that anyone who is diabetic or who has high blood pressure see a doctor, but most people who want to start on the road to good colon health do well to use Bowtrol Colon Cleanser.

About the Author

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