

The Causes and Ways To Cure Irritable Bowel Syndrome

Irritable bowel syndrome, also called spastic colon, is a very common bowel disorder in the United States and indeed in most of western society. In fact up to 50% of visits to gastroenterologists are because of irritable bowel syndrome. There are different types all with different symptoms and none of them are pleasant. One type includes excessive abdominal pain and cramping. Another is signified by constipation. Still another common IBS or spastic colon ailment includes vomiting, diarrhea, fever or even combinations of all of the above. In addition water retention and bloating are common. Also changes in bowel habits.

No one likes having irritable bowel syndrome. Many people do realize that most of the pain is taken away through a bowel movement. This seems quite natural since the human body really needs to have two or three good, healthy bowel movements per day, and through these bowel movements fecal matter is discharged that may have built up on the walls and lining of the colon. If you give it some thought, it makes sense that too much retained fecal matter would make a person feel under the weather. That is nasty stuff our bodies want to get rid of. Fecal matter contains a great deal of bacteria, and old fecal matter contains bacteria that has grown and multiplied, and that is not good for the colon or the rest of the body.

Of course many people don't even think about the causes of spastic colon because they can't see it. If they had bad bacteria growing on their skin, or on a wound that was visible it would be obvious, but the colon is inside the body and most folks don't even give it any thought as long as it is working as it should. That's where Bowtrol Colon Cleanser comes in. Bowtrol Colon Cleanser is an all natural product that cleans and cleanses the colon, removing all of the old fecal matter build up and the bacteria that comes with it. By using Bowtrol Colon Cleanser to get rid of this fecal matter building, in conjunction with moderate exercise and good eating habits, in other words a healthy lifestyle, a sufferer of irritable bowel syndrome can be well on the way to a less spastic colon and a more enjoyable and pain free life. Healthy eating by the way should be low on fat and processed sugar and high on fiber from fruits, vegetables, whole grains and legumes, like beans and peanuts. Healthy eating and use of Bowtrol Colon Cleanser can lead to a better life.

About the Author

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