

## I think I may have IBS – how can I treat it?

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**I think I might have IBS – could you tell me a bit more about the symptoms and how one can manage it? I've heard there is no cure.**



We ask Dr Graham Duncombe from Skin & Body Renewal:

“Irritable bowel syndrome or IBS is a common condition which affects the colon. The diagnosis is based on symptoms only as there are no structural changes that occur in IBS. It is important to rule out other more serious conditions which may present with similar symptoms, such as Ulcerative Colitis or Crohn’s disease. Some of the most common symptoms of IBS include chronic abdominal pain, bloating, diarrhoea, constipation and cramps. Some patients experience constipation alternating with diarrhoea while others may experience one or the other.

The exact cause of IBS is not known, but it is most likely a combination of different factors that combine to produce the symptoms. Many IBS patients have dysbiosis, which is an imbalance of their natural gut flora. We have billions of beneficial bacteria which reside in the colon and contribute to valuable metabolic processes including digestion. Stress, antibiotic use and poor diet kills off our good bacteria and allows harmful bacteria and fungi like candida to overgrow in the digestive tract. Dysbiosis can produce many of the symptoms of IBS and may certainly be the cause in many patients.

To read the full article visit: <http://beautysouthafrica.com/healthy-living/i-think-i-may-have-ibs-how-can-i-treat-it>