



HEALTHBYDESIGNHUB

Stay in control of your health

IBS RELIEF

Discover the 3 step guide to understanding, detecting and helping you win against IBS

INTRODUCTION

Irritable Bowel Syndrome, or 'IBS' as it is known, is a condition that now seems to affect many people. Often more common in women however men suffer too.

The symptoms can range from bloating, excess flatulence, cramping, pain, diarrhoea and/or constipation. Sometimes there may be mucus in the bowel which is caused by the 'irritation' within the digestive tract.

A healthy bowel should not experience any bloating, extension of the abdomen, mucus, excessive flatulence and definitely no odour to the wind.

Most people in today's society live with uncomfortable symptoms of the digestive tract and think it is 'normal!'

What they do not realise is that the bowel is under a lot of strain and becoming very toxic due to undigested food material, lack of beneficial bacteria and slow passage or too fast a passage of food through the digestive system.

The condition can be extremely debilitating and affect quality of life. It is quite often made worse by eating certain foods or by stress. Most people receive a diagnosis of IBS and live with the condition for years, not knowing which steps to take next.

In my opinion, there is always a reason why the condition has developed in the first place. So much can be done to help relieve symptoms and manage the condition.



INTRODUCTION (CONT.)

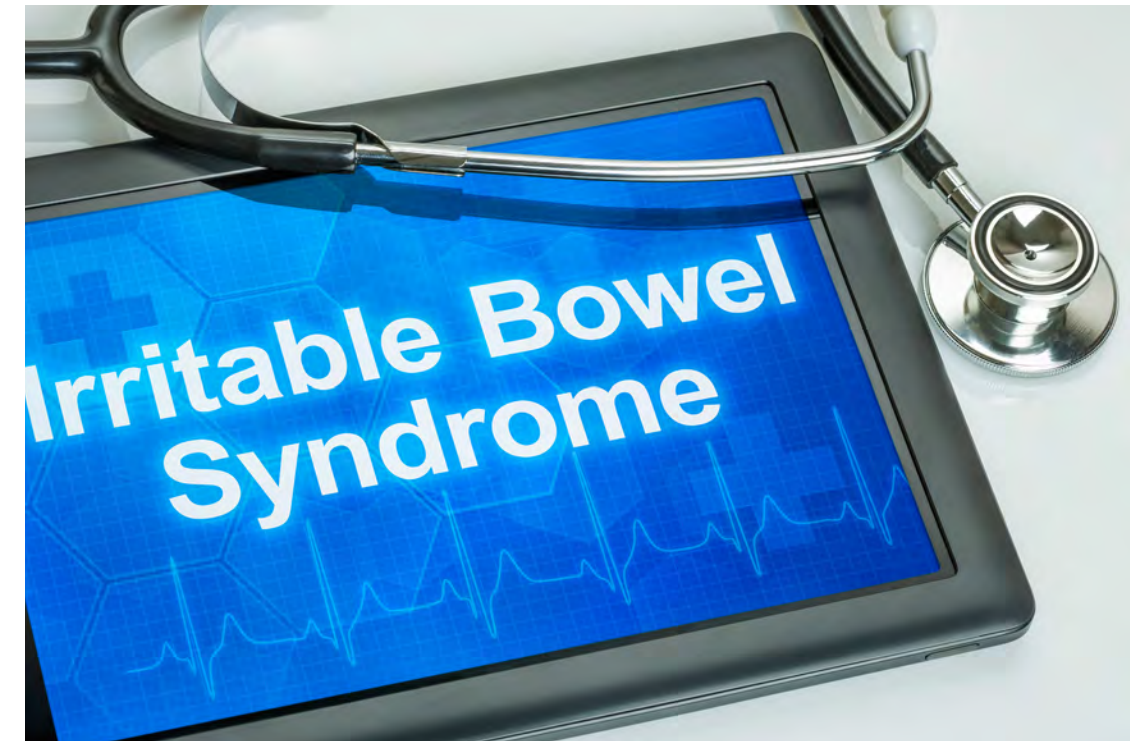
In my experience of suffering IBS myself and treating many people, with the help of my colleagues, we have put together this information to guide you to TAKE ACTION and to be able to manage your symptoms.

More importantly, you can find out the root causes of the problem and know where you can get help.

Caution – Please see your GP if you are suffering from any of the symptoms mentioned, especially if you see blood in the stool or experience any change in bowel habit.

This may indicate that there are possibly other underlying problems that need medical attention. Your GP may refer you to gastroenterologist who may suggest further investigations, i.e. colonoscopy.

This is all very positive as it is important to have a thorough medical examination and rule out any potential problems that have not been diagnosed before.



INTRODUCTION (CONT.)

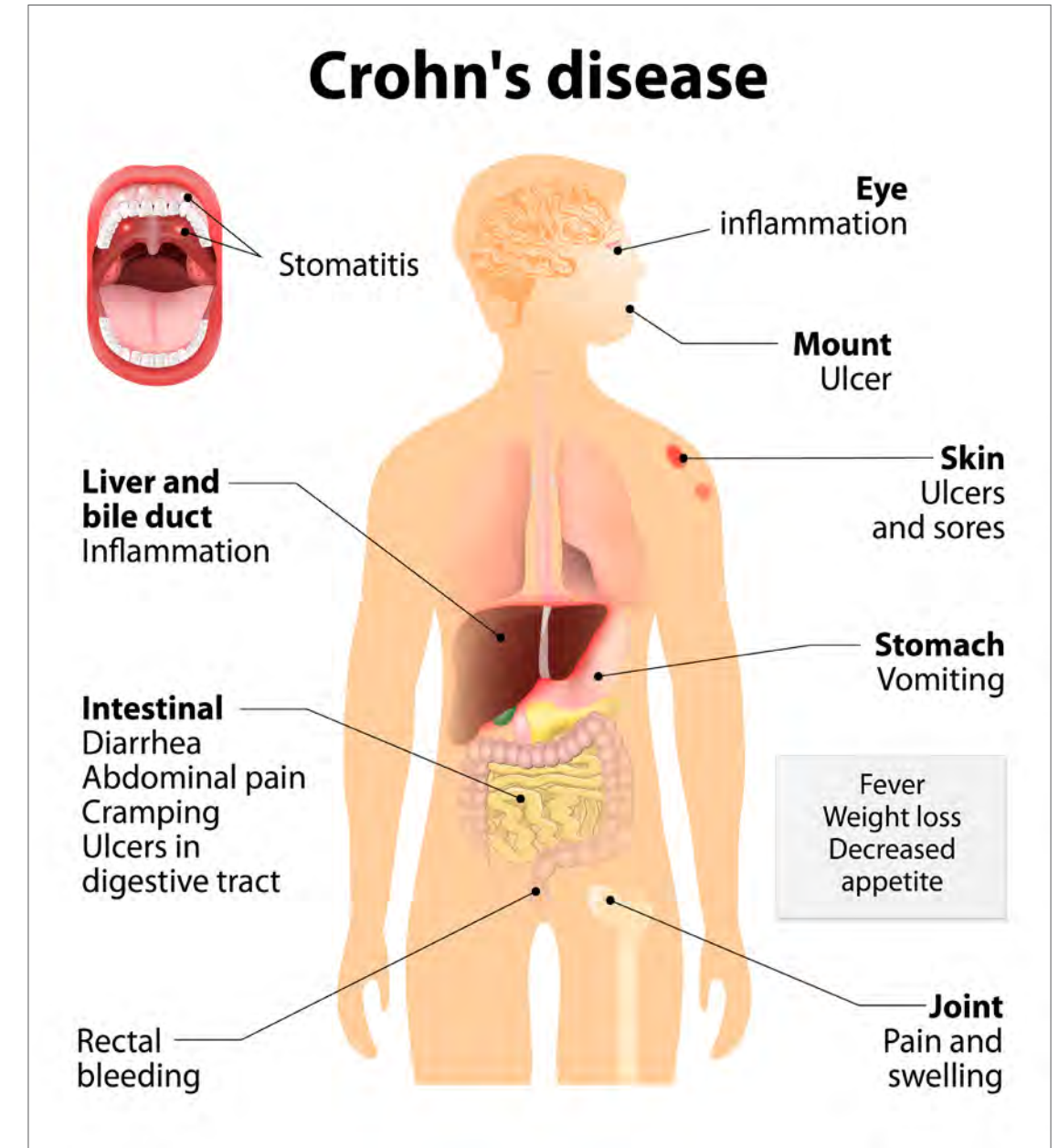
If you have a history of bowel cancer, coeliac disease, ulcerative colitis, crohn's or any other disease of the bowel in the family, please mention this to your GP or Consultant. There may be genetic tendency to bowel disease and it is worth getting yourself checked. Prevention of disease is always the best way forward. We can all take responsibility for our health.

What Causes IBS

Most information pages on IBS will state that the cause of this is largely unknown and may be due to psychological factors i.e. stress.

Stress, in my opinion, can play a big part. However, over the years of treating patients, I have now come to understand that there are other factors that can cause symptoms and eventually diagnosis.

These are as follows - please see on the next pages.

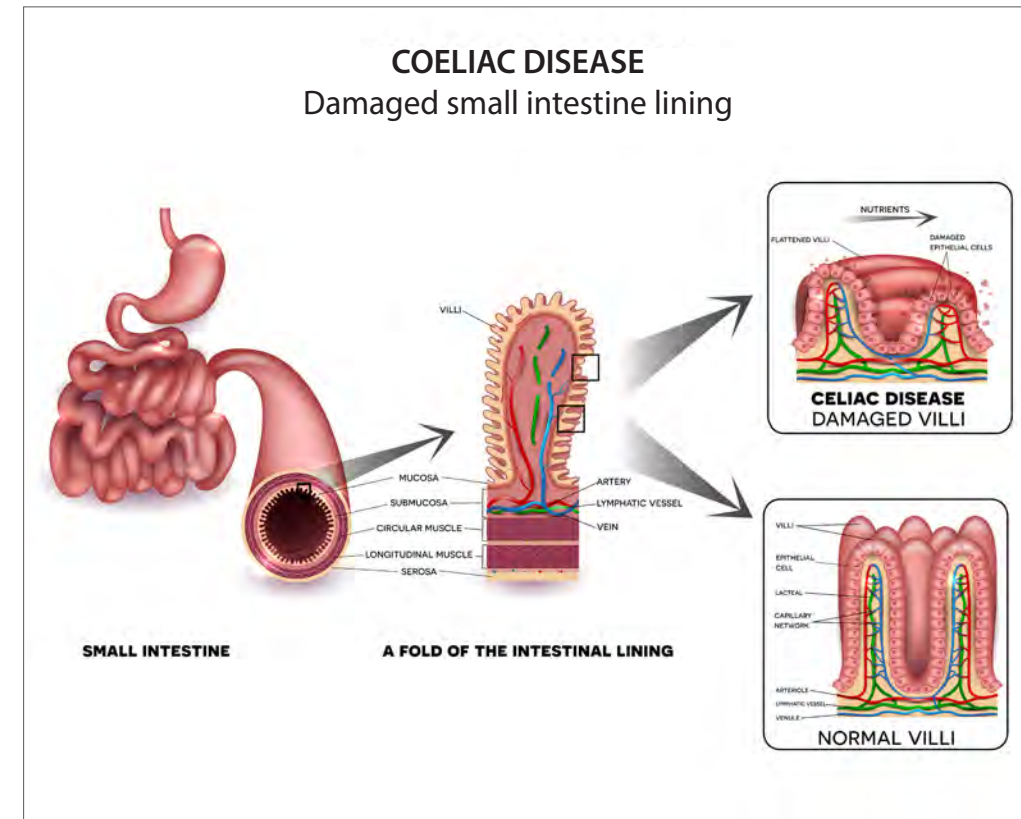
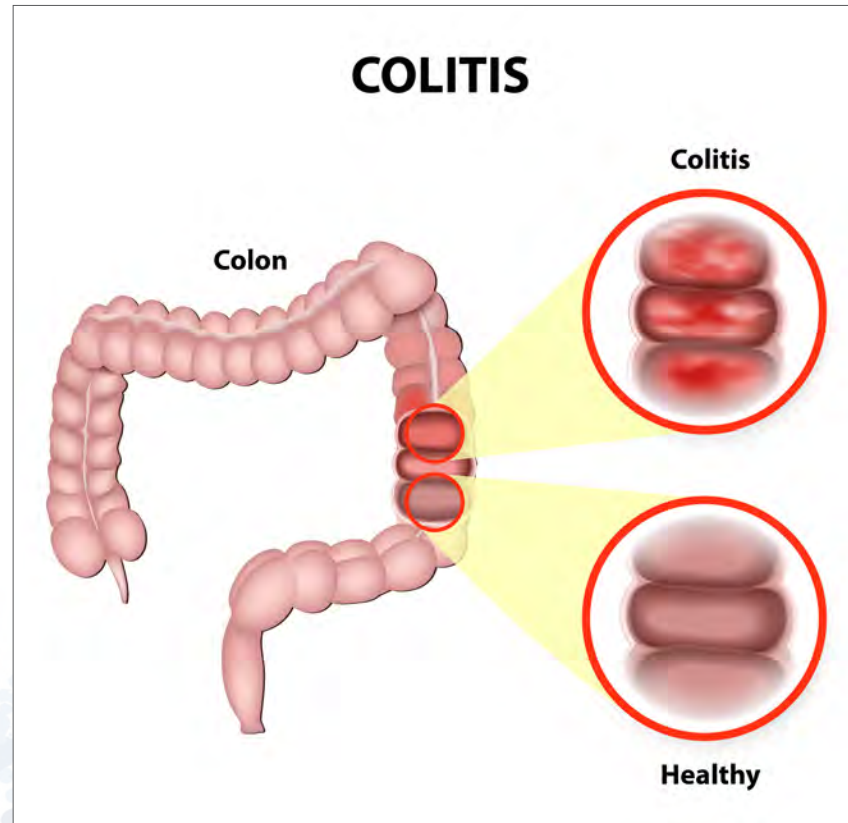


WHAT CAUSES IBS?

1. GENETIC TENDENCY

This could be a member of the family – mother, father, grandparents, uncles, aunts and cousins may have been suffering similar symptoms or experienced a disease of the bowel i.e. cancer, crohn's, ulcerative colitis.

The sensitivity of the bowel and other areas of the digestive tract can be genetic. This does not mean you will develop these diseases; however, it may mean that genetically you are more sensitive in the digestive tract i.e. bowel.





WHAT CAUSES IBS? (CONT.)

2. LACK OF BENEFICIAL BACTERIAS

Friendly gut flora/bacteria are essential for optimal health. They are responsible for the following:

- Strong immune system
- Prevention of pre-carcinogens
- Making B vitamins
- Help prevent flus/viruses
- Natural antibiotic production
- Prevent toxicity build up.

Friendly bacteria, i.e. lactobacillus, Bifidobacterium, friendly e-coli, can be destroyed by:

- Too many antibiotics
- Corticosteroids
- Medications
- Too much sugar, alcohol, refined carbohydrate
- Artificial hormones.

LACK OF PROBIOTICS SYMPTOMS



Diarrhoea & Irritable Bowel Syndrome (IBS)



Brain function



Anxiety & depression



Infection



Blood pressure



Cholesterol



Indigestion



Rash
(probiotic deficiency can develop lactose intolerance or food sensitivities that can cause rashes)



Urinary tract infection



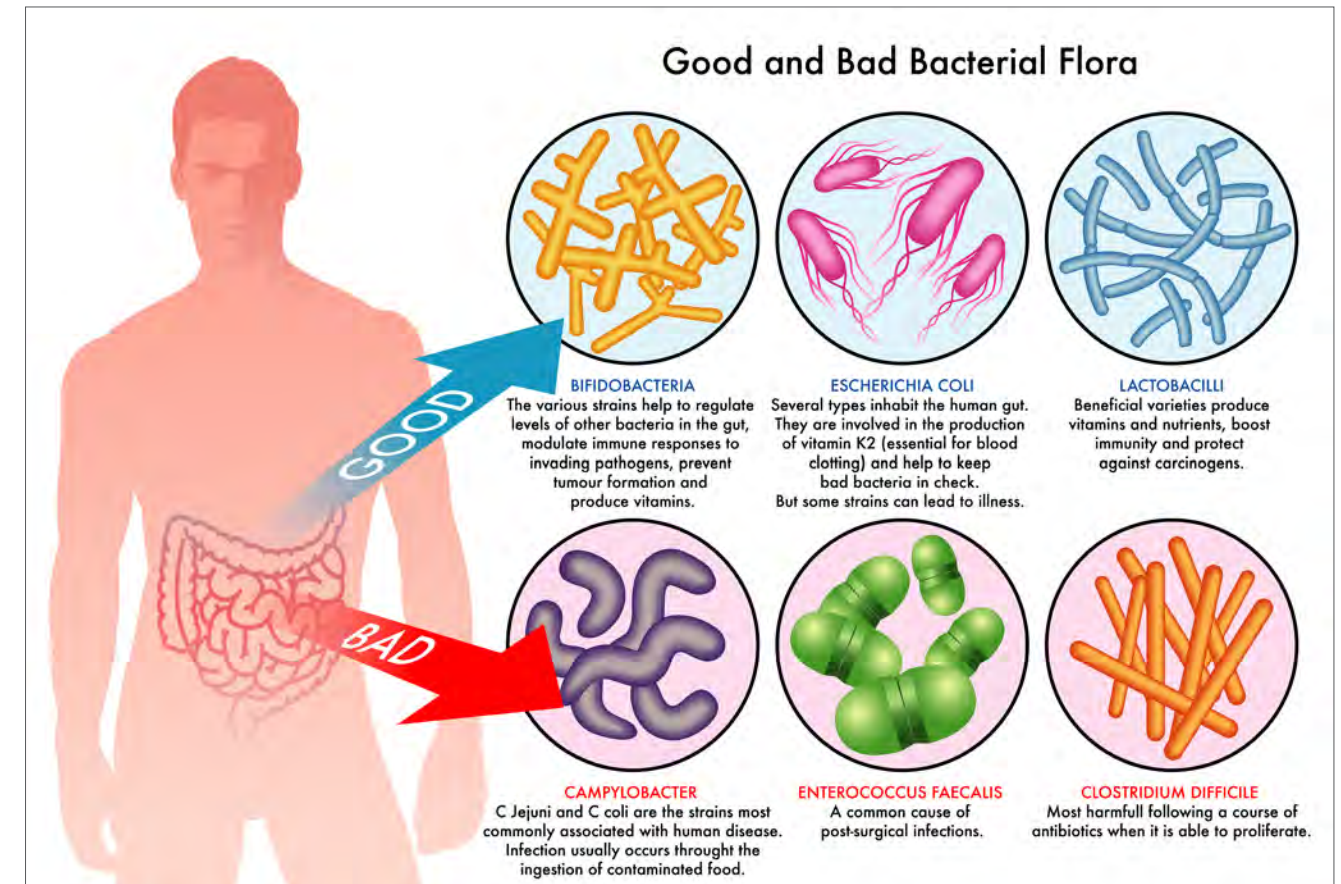
WHAT CAUSES IBS? (CONT.)

2. LACK OF BENEFICIAL BACTERIAS (CONT.)

Without friendly bacteria the body cannot process and eliminate food waste and toxins effectively. This can cause constipation, sluggishness of the bowel, bloating, excess wind and may lead to degenerative disease, i.e. rheumatoid arthritis, ME, Lupus etc.

This toxicity build up can become a breeding ground for parasites, fungus and other putrefactive bacteria. A build up and rapid growth of huge colonies of disease causing bacteria.

The body has to get rid of these toxins and so, they are absorbed into the bloodstream and eliminated through other eliminatory organs, i.e. lung, kidney and skin. This is called **Autointoxication**.



WHAT CAUSES IBS? (CONT.)

3. INCREASED FOOD AND ENVIRONMENTAL SENSITIVITY

The symptoms of IBS can be managed by changing your diet and lifestyle.

Many people today suffer from food sensitivities, i.e. allergies and intolerances, both food and environmental. Food intolerance can often be as a result of an underlying condition i.e. toxic bowel, fungal problems, parasites, putrefactive bacteria, hormonal imbalances and adrenal stress.

There is a big difference between a food intolerance and food allergy, and people often get confused over this.



WHAT CAUSES IBS? (CONT.)

3.1 ALLERGIES

An immune reaction involving an overproduction of Immunoglobulin E antibody (IgE) may occur immediately or within hours. The reactions may be violent causing vomiting, presenting rashes, raised lumps called urticaria or hives, wheezing, coughing, eye irritations, tightening of the throat, runny nose, nausea or diarrhoea.

Delayed food sensitivity symptoms can take up to three days to manifest. Unlike an immediate food reaction this reaction is IgG activated. If a patient is, for example, IgG sensitive to wheat, then symptoms would be likely to appear after they were to increase their intake and or frequency of consumption of wheat. This indicates a delayed food reaction and not a fixed food allergy. At present there are many differences of opinion concerning the definition of food sensitivities.

If the allergy is really severe an anaphylactic shock may occur. Anaphylaxis means 'without protection' and calls for emergency measures and must be treated medically. The normal treatment involves an injection of adrenalin.

Desensitisation is the process of countering the effects of the allergy by strengthening the immune system. We determine the reasons for the suppression of the immune system and its reactivity to common foods, and supplement any nutritional deficiencies to encourage its optimum function ability. In addition, isopathic potentised solutions of the offending food(s) are prescribed and taken in drop form by the patient.

Desensitisation is NOT recommended for anaphylaxis sufferers without professional medical supervision.

WHAT CAUSES IBS? (CONT.)

3.2 INTOLERANCES

Food intolerances usually give a more delayed response than a true allergy. These will undermine the immune system over a long period of time and after stressing the target organ, the stressed organ cannot cope anymore and breaks down causing 'dis-ease.'

Symptoms may develop at any time of life when the digestive system or the immune system is compromised through: stress, viral or bacterial infections, Candidiasis (Candida), parasites or by being generally run down. In such cases there may be lack of digestive enzymes or hormone imbalances. It is important then to deal with the root cause(s) of the problem.

The offending foods are identified and removed from the diet, nutritional deficiencies are thus recognised and supplemented. With time as the digestive system and any other systems under stress recover, the foods and nutrients are re-tested and re-introduced into the diet accordingly.



EGG FREE



GLUTEN FREE



NUTS FREE



SUGAR FREE



SOY FREE



LACTOSE FREE

WHAT CAUSES IBS? (CONT.)

Coeliac disease is a condition that affects, and will destroy, the villi, finger-like projections in the small intestine that move food and other digested matter along the gut for elimination and absorption of vital nutrients.

There is no cure for this disease, only a gluten-free diet.

'Gluten' is the protein part of the grain i.e. in wheat, oats, barley and rye. Coeliac sufferers can usually tolerate other grains i.e. rice, corn, quinoa and sometimes buckwheat.

Oats can sometimes be tolerated, however in my opinion, it is best avoided for long term safety. Some oat products can be contaminated with wheat, as can other foods.

Coeliac disease is often genetic, especially if there is Irish descent. It can, however, be brought on by:

- Suffering an injury
- Pregnancy
- Stressful situations.

Symptoms can range from initial diarrhoea within minutes of eating gluten – sometimes however, the disease may present with:

- Chronic constipation
- Fatigue
- Irritability
- Growth problems
- Decreased appetite, failure to gain weight
- Spasms in digestive tract
- Vomiting
- Blood in faeces
- Abdominal bloating and pain
- Depression
- Dermatitis herpetiformis (itchy skin rash that looks like eczema)
- Mouth sores
- Arthritis
- Anaemia – iron deficiency
- Malabsorption of other nutrients i.e. folic acid and B12.

WHAT CAUSES IBS? (CONT.)

4. LACK OF EXERCISE

Exercise can often help relieve the symptoms of IBS. Aim to do moderate intensity such as cycling, swimming or fast walking.

Relaxation techniques such as meditation and breathing exercises are important.

Reiki, Yoga, Pilates, Tai Chi and Qi Gong can all help hugely to relax the body and quieten the mind.



WHAT CAUSES IBS? (CONT.)

5. DEHYDRATION

Dehydration is one of the biggest issues, as people do not drink enough water. Reducing alcohol and fizzy drinks consumption, and drinking at least eight cups of water a day will help.

Also, moderating tea and coffee to no more than three a day. Diluting fruit juice may also be beneficial.





ADDITIONAL PROBLEMS ASSOCIATED WITH IBS

- Lack of energy
- Feeling you have not fully emptied your bowels
- Feeling of urgency to open the bowels
- Feeling of urgency to urinate
- Incontinence
- Other bladder problems i.e. sensitivity on urinating that is not an infection. Please see your GP if experiencing burning, stinging or passing blood
- Pain during sex (dyspareunia)
- Backache
- Weight gain
- Feeling nauseated
- Headaches
- Bad breath – Halitosis
- Heartburn.



PRESENCE OF PARASITES

Blastocystis Hominis, Dientamoeba Fragilis and other parasites mentioned and not commonly tested for people suffering IBS.

However, there is evidence to suggest they could be responsible for the irritation of the bowel mucosa leading to IBS.

Blastocystis Hominis for example can cause symptoms such as diarrhoea, cramps, nausea, fever and vomiting. It has been associated by IBS (Irritable Bowel Syndrome), infective arthritis and intestinal obstruction. This parasite and many others are not commonly tested. However evidences suggest there are responsible for irritation of the gut.

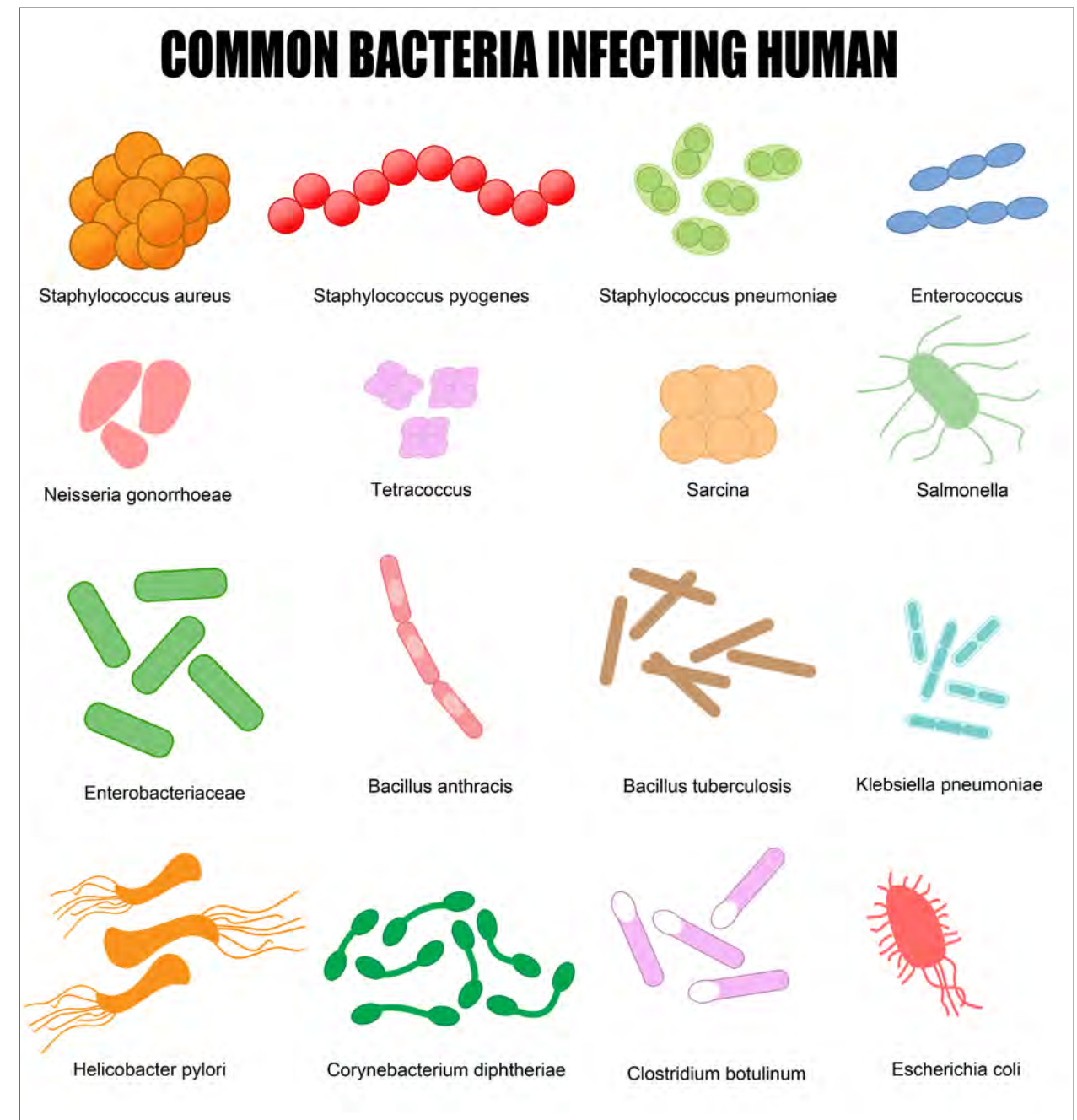
Other common parasites are as follows:

- Dientamoeba Fragilis
- Entamoeba Coli/Dispar/Hartmanni
- Giardia Lamblia
- Cryptosporidium.

Please see [Parasite Organism Chart](#) for further details and information.



Please see [Tests Recommended](#) which will help you with food intolerance.





PRESENCE OF PUTREFACTIVE BACTERIAS

Bacterias can sit in the bowel, quite often becoming potential pathogens and then finally pathogens 'disease forming bacteria.' This is like a 'time bomb' waiting to explode in the gut and become dis-ease. Putrefactive bacteria are isolated, grown under laboratory conditions and then different herbs, antibiotics and antifungals tested against them to see if any are effective in eliminating them.

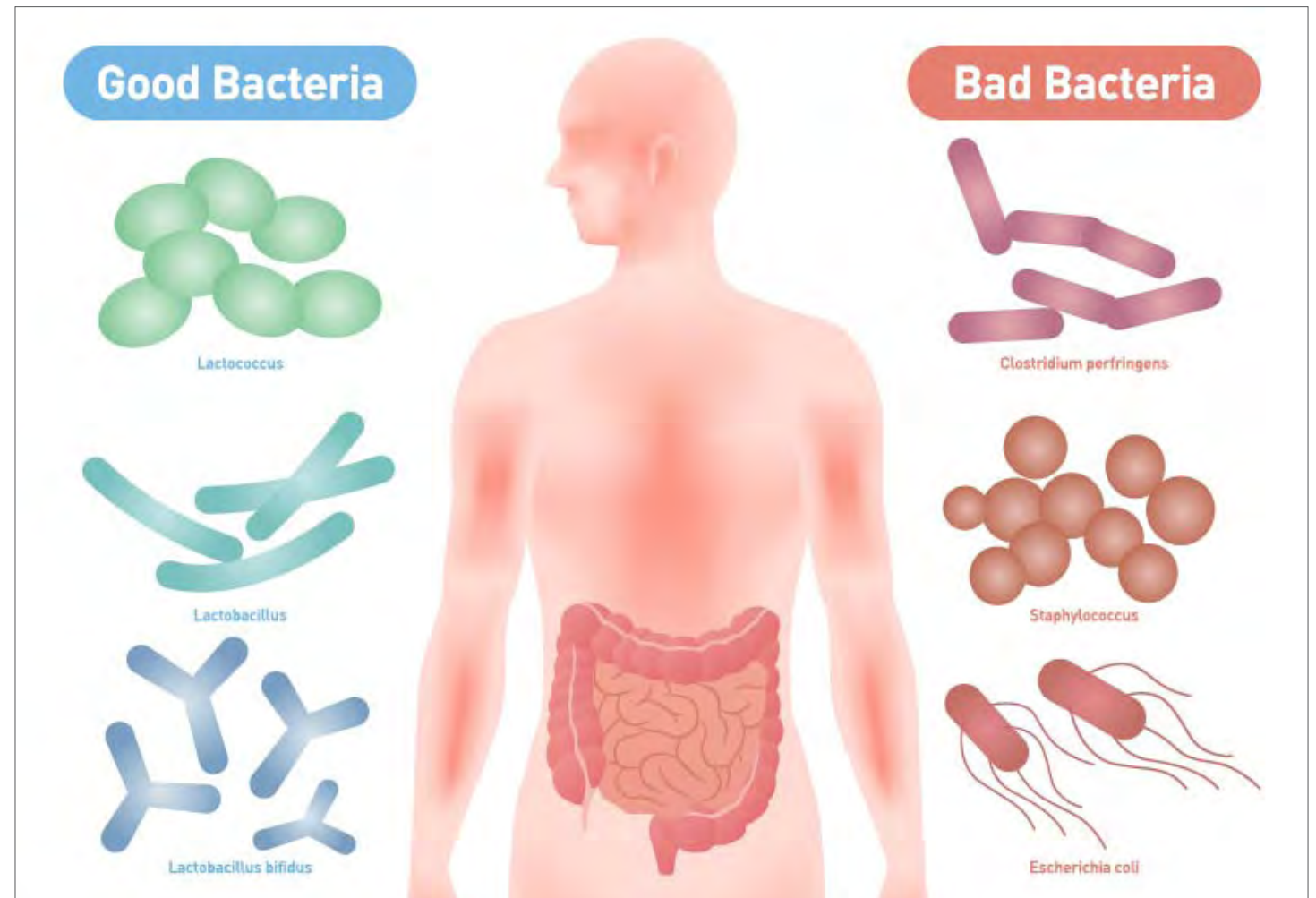
Some common bacteria are as follows:

- Citrobacter
- Clostridium Difficile
- Cryptococcus
- E-coli Shiga-like toxin
- Enterobacter Cloacae
- Geotrichum species
- Klebsellia Pneumoniae.

Please see [Pathogenic Organism Chart](#) for full details.



Please see [Tests Recommended](#) which will help you with food intolerance.

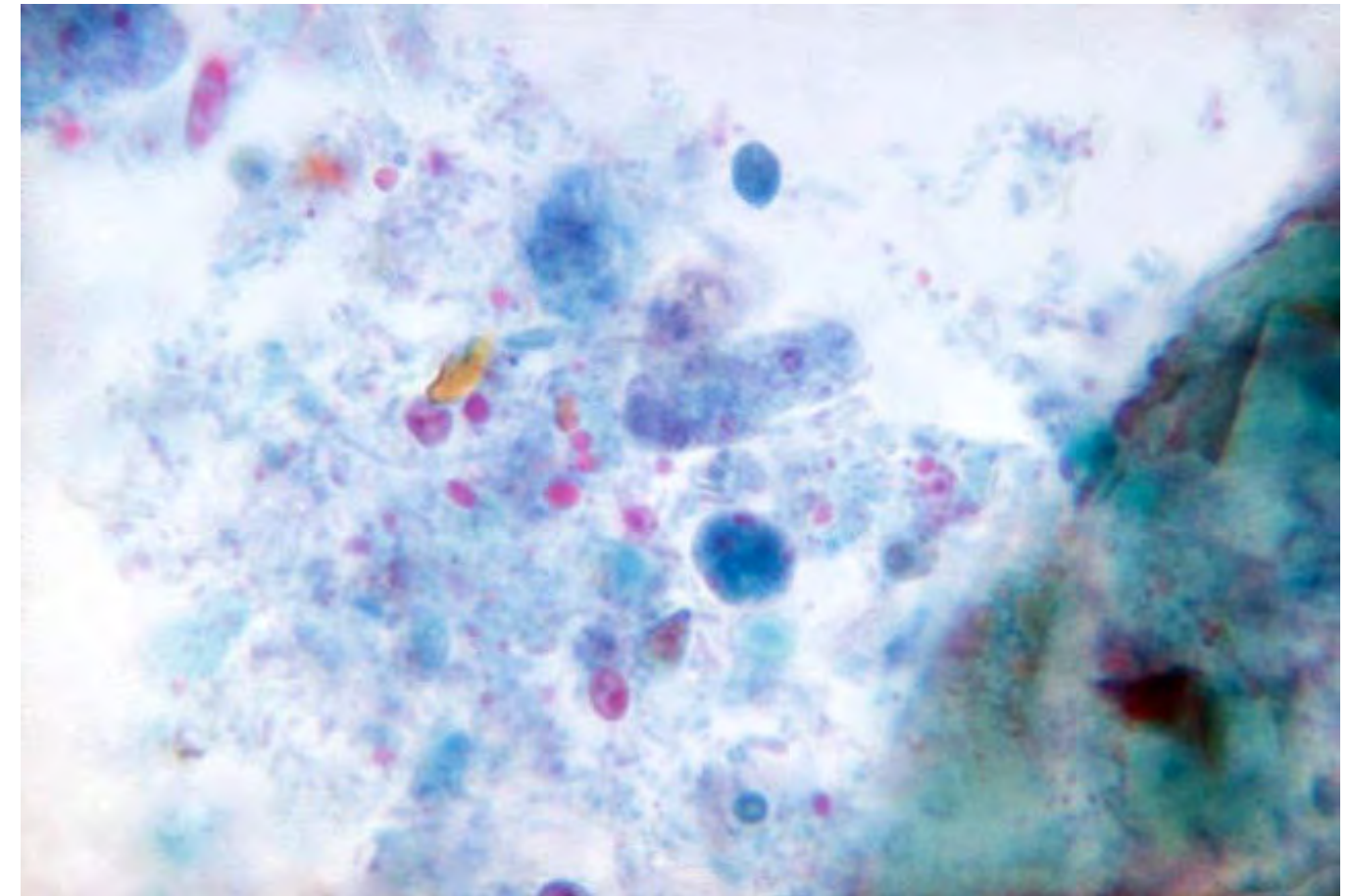




PRESENCE OF WORMS/PARASITES

When we deal with parasites, we have some that are bigger, like worms: hookworms, roundworms, pinworms, tapeworms, nematodes, protozoa, and more. These are typically big enough to be seen by the human eye.

We have small parasites that are microscopic and can only be seen under a microscope with specific stains: Giardia, Entamoeba histolytica, Blastocystis hominis, Cryptosporidium, Dientamoeba fragilis, Entamoeba coli, Yersinia enterocolitica, Entamoeba hartmanni, and Toxoplasma to name only a few.



Dientamoeba Fragilis Parasite

By Yasser from Cairo - Dientamoeba Fragilis Uploaded by Magnus Manske, CC BY 2.0,
<https://commons.wikimedia.org/w/index.php?curid=23283035>

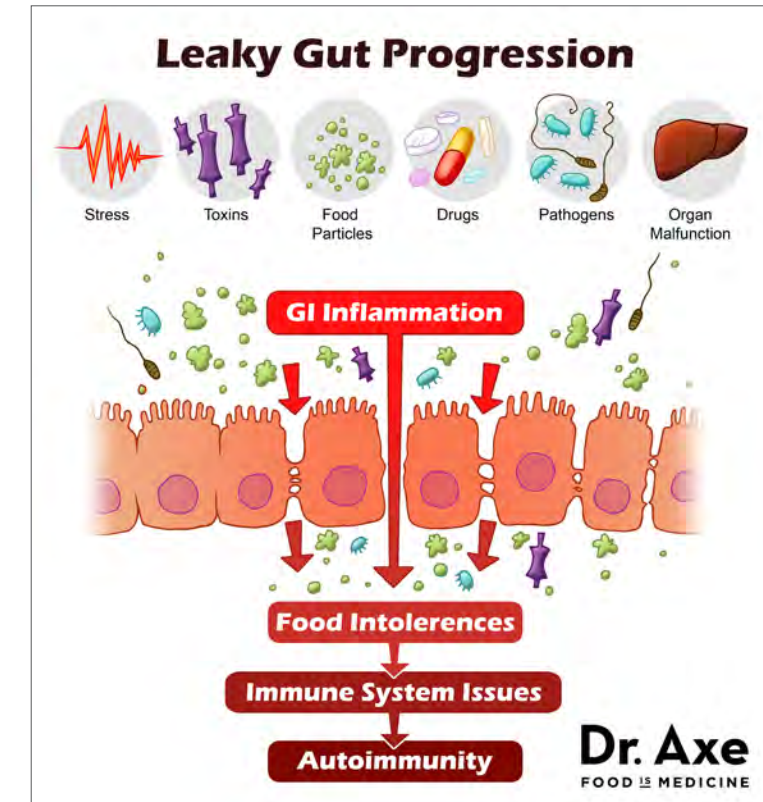
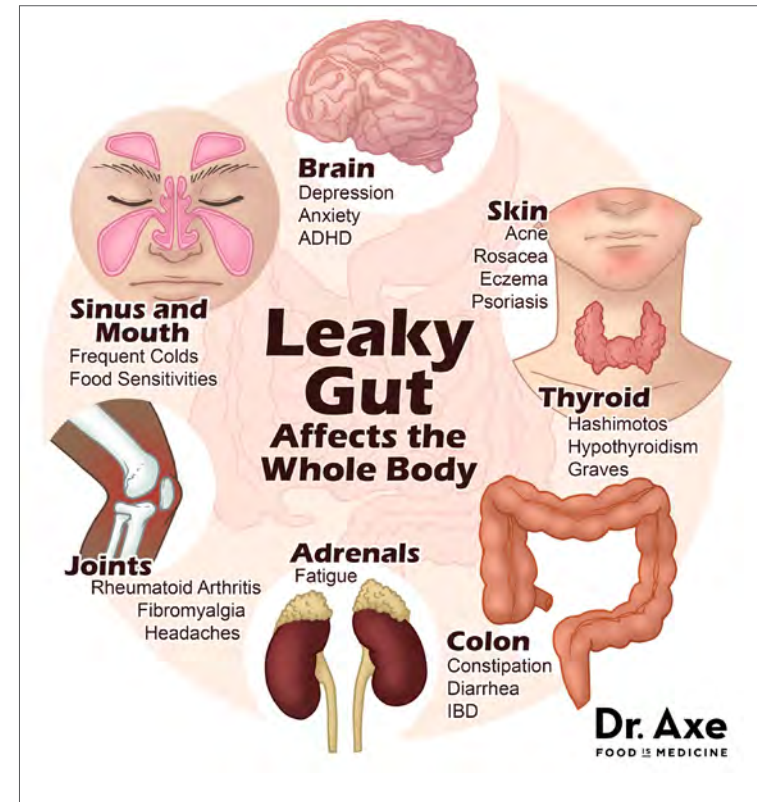
Images source and text from:
<http://primaldocs.com/members-blog/do-you-have-symptoms-of-a-parasite-infection/>

LEAKY GUT SYNDROME

Think of the lining of your digestive tract like a net with extremely small holes in it that only allow specific substances to pass through. Your gut lining works as a barrier keeping out bigger particles that can damage your system.

When someone has leaky gut (often referred to as increased intestinal permeability), the 'net' in your digestive tract gets damaged, which causes even bigger holes to develop in your net, so things that normally can't pass through, are now be able to.

Some of the things that can now pass through include proteins like gluten, bad bacteria and undigested foods particles. Toxic waste can also leak from the inside of your intestinal wall into your bloodstream causing an immune reaction.



Text and images source:
<https://draxe.com/4-steps-to-heal-leaky-gut-and-autoimmune-disease/>



PARTNER LABORATORIES AND RECOMMENDED TESTS

GENOVA DIAGNOSTICS EUROPE

As an approved supplier by Genova Diagnostics Europe, we work closely with them. They are fully accredited by UKAS (www.ukas.com). Follow the link to read more about their [accreditation](#).



We have 3 packages (Bronze, Silver and Gold) for **gut testing** to help find out the cause of your IBS. The **Gut Testing Packages** are essential to help determine if you have putrefactive bacteria, worms or parasites in your gut.

THE GUT TESTING PACKAGES WILL BE
AVAILABLE FROM 22nd MAY 2017

CAMBRIDGE NUTRITIONAL SCIENCES

We also work in collaboration with Cambridge Nutritional Sciences on food allergy/intolerance testing.



We have 6 tests available to find out which food you are allergic or intolerant to. Discover the [FoodPrint® Tests](#) which include tests on 40, 60, 120 and 200+ foods plus also specific tests for vegetarians, vegans and for herbs & spices.



CLICK HERE TO FIND OUT ABOUT
THE FOODPRINT® TESTS NOW

ABOUT THE TEAM



Suzanne Cambray | Nutrition Director

Suzanne trained originally in nursing at St Bartholomews Hospital, London specialising in Oncology and terminal care.

To create an arsenal of complementary health skills which support her nursing and nutrition backgrounds, Suzanne has studied homeopathy at Great Ormond Street, trained in kinesiology and is a Reiki Master Teacher.

Suzanne became a Nutritional Consultant studying with Patrick Holford at the Institute for Optimum Nutrition qualifying in 1991 and has treated many patients since then helping to solve their health issues.

She has spent many years specialising in the treatment and management of Irritable Bowel Syndrome. It is to this end, that this report was founded, to provide support to patients that suffer from IBS and ways to help that truly make a difference.



Chrystel Melhuish | Creative Director

Chrystel brings with her vast experience over 10 years of creative design and publishing. She is in charge of the visual communication together with the design and development of the website. She also provides effective support on marketing.

Chrystel has run her own company, Plum Design & Publishing since 2013. In this time her expertise has led to winning two Star Business Awards with the Best of Woking in 2016.



Monica Rafiq | Marketing Director

Monica brings with her a wealth of experience when it comes to Marketing.

She has honed her skills to provide expertise when it comes to marketing strategies to help build Health by Design Hub and its partners.

Monica has a 15-year background in selling pharmaceuticals to the healthcare sector and this knowledge is well placed for an understanding in the nutritional field.

Disclaimer: Every effort has been made to ensure that any information contained is accurate and current. However Health by Design Hub shall not be liable for any loss or damage suffered by patients as a result of any information contained herein.