

## Fast Facts

### Irritable Bowel Syndrome (IBS)

<i>Symptoms</i>	<i>Treatment</i>
<ul style="list-style-type: none"><li>-Abdominal pain/cramping</li><li>-Bloated feeling</li><li>-Frequent gas</li><li>-Diarrhea and constipation</li><li>-Mucus in your stool</li></ul>	<ul style="list-style-type: none"><li>-Change dietary habits</li><li>-Eliminate high-gas foods (carbonated beverages, raw fruits, vegetables like cabbage, broccoli, cauliflower), foods containing gluten (wheat, barley, rye) and FODMAPS, which stands for fermentable oligo-, di-, and monosaccharides and polyols, basically carbohydrates like fructose, fructans, lactose and others (they are found in certain grains, vegetables, fruits and dairy products)</li><li>-Take fiber supplements</li><li>-Take anti-diarrheals or laxatives</li><li>-Eat at regular times</li><li>-Drink plenty of liquids (especially water)</li><li>-Exercise regularly</li><li>-Manage stress</li></ul>

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