

Causes and consequences of IBS and IBS Management Protocols for Colon Hydrotherapists.

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WHAT I AM NOT !!!!!!!

- Expert on IBS
- WHY ???????
- IBS Definition.
- No Universal definition.
- G.P's conflict in diagnosis.

THE ROME CRITERIA

- Developed to classify functional gastrointestinal disorders based on clinical symptoms.
- Symptoms of recurrent abdominal pain or discomfort and a marked change in bowel habits for at least 6 months with symptoms experienced on at least three days of at least three months.

THE ROME CRITERIA

- Two or more must apply
- Pain is relieved by bowel movement
- Onset of pain is related to a change in frequency of stool
- Onset of pain is related to a change in the appearance of a stool.

DEFINITIONS

- I B S is a disorder characterized by most commonly abdominal bloating, constipation or diarrhoea (about.com)
- I B S is a common intestinal condition characterized by abdominal pain and cramps, changes in bowel movements diarrhoea constipation gas bloating nausea and other symptoms (The Free Directory)
- I B S is common gastrointestinal disorder involving an abnormal gut contraction and increased gut sensations characterized by abdominal pain discomfort mucus in the stools irregular bowel movements with constipation or diarrhoea or alternating diarrhoea and constipation (medicine Net .com)

CONVENTIONAL TREATMENTS

- Range from bulk laxatives to bran and stool softeners
- Codeine to slow down gut action
- Metoclopramide to stimulate the gut
- Mebeverine anti spasm drug
- Charcoal
- Peppermint

MIS-DIAGNOSIS

- Clients definition of IBS
- Therapists response
- Pain thresholds differ
- Appearance of stool.
- Mucus in stools?
- Label I B S

ILLUSIVE BOWEL SYMPTOMS or ILLUSIVE BOWEL DISTRESS.

- Common thread
- Stress
- One in ten people symptoms
- Common in 25 to 45 year age group
- Higher incidence in female?
- “Not one size fits all”

STRATEGIES TO WORK WITH COLON HYDROTHERAPY.

- Diet.
- Herbal supplements
- Herbal implants
- Reflexology
- Hypnosis
- Exercise
- E.F.T.
- General Stress reducing activities.

DIET - TRIGGERS

Wheat/ Gluten

Strawberries

Chocolate

- Lactose intolerance

Tomatoes

Fat

- Milk

Fruit

M.S.G.

- Wheat/Gluten

Corn

Sulphites

- Eggs

Yeast

- Nuts

Meat

- Shell fish

Tea/Coffee

DIET (cont.)

- Regular meals
- Avoid missing meals
- 8 cups of fluid per day
- Reduce alcohol and fizzy drink
- Limit fruit intake
- Fibre ????????

HERBS AND SUPPLEMENTS.

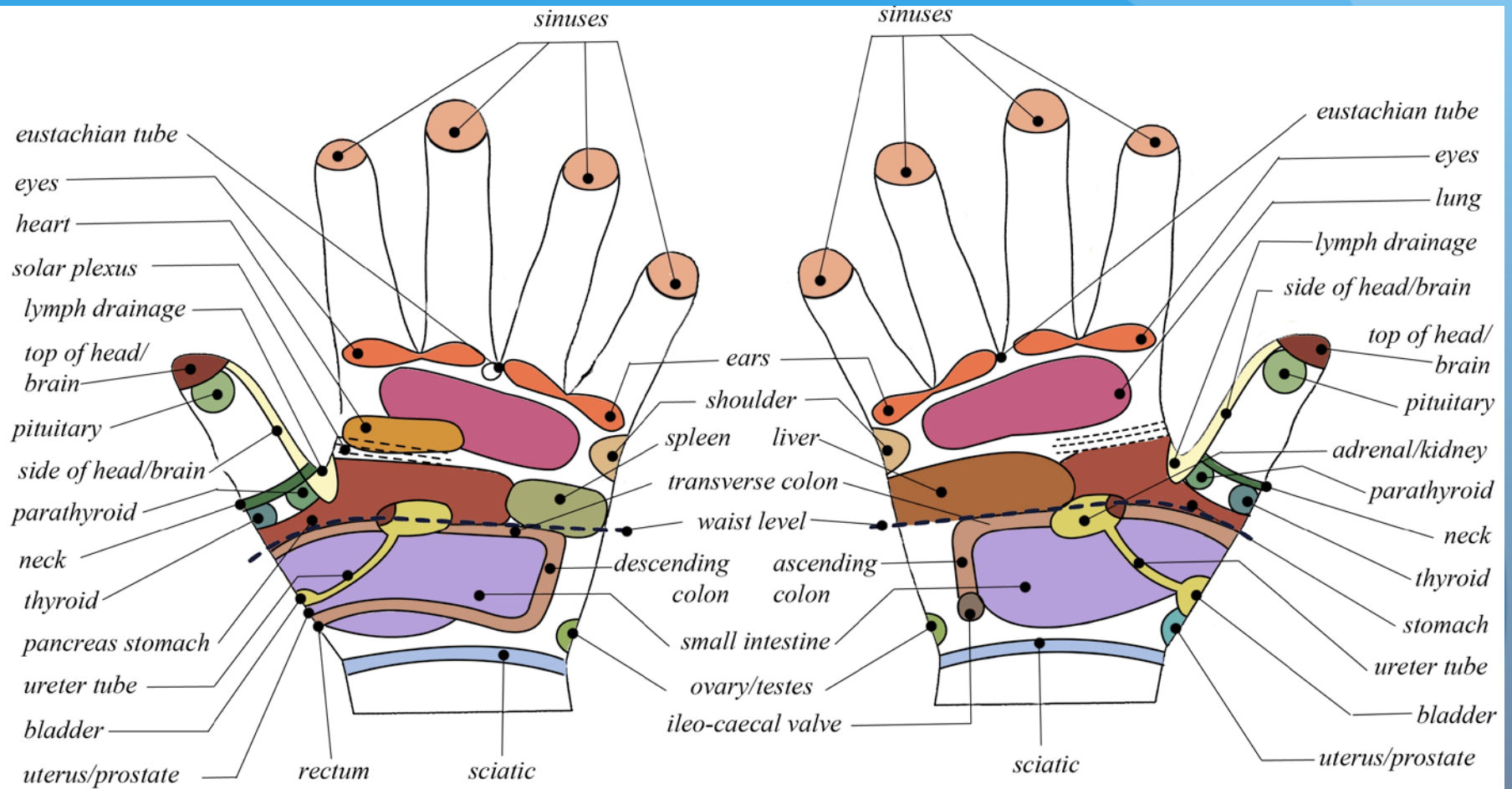
Too many to list:-

- Peppermint / Slippery Elm
 - Chamomile
 - Fennel
 - Aloe Vera
 - Good Good Products
 - Herbal implants
- Herbal Tea
- Pro -biotics
- Valerian
- Flower remedies.

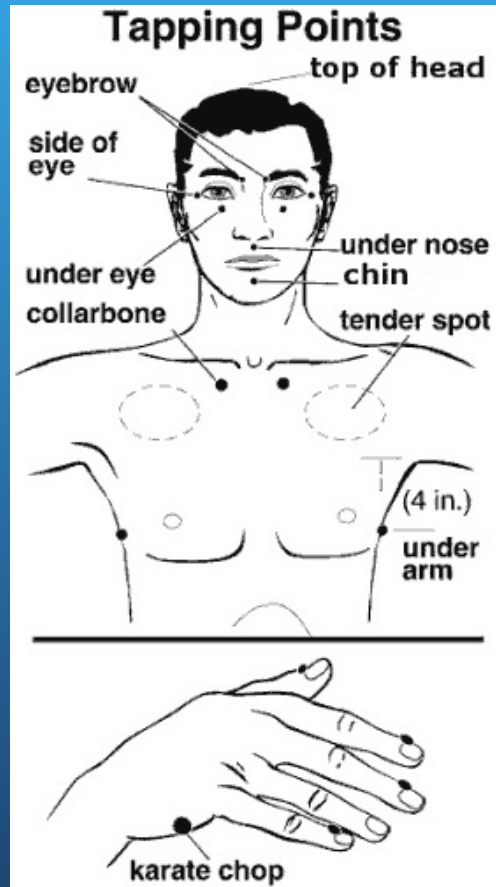
REFLEXOLOGY, HYPNOSIS & E.F.T.

- Digestive track on hand
- Great eliminator
- Hypnosis
- Physco-dynamic Interpersonal Therapy
- Cognitive Behavior Therapy.
- E.F.T.

HAND REFLEXOLOGY



E.F.T.



GENERAL STRESS REDUCERS.

- Exercise
- Yoga / Pilates
- Massage
- Relaxation / Music therapy
- Deep breathing exercises.

CASE STUDIES.

- L.T - Changed job, occupational stress
- J.B - Motherhood
- K.H. - Binge drinking
- H.T - Probiotics
- K.R - ASP herbs
- E.H. - Wheat, Dairy.

CONCLUSION

- Treatments are as illusive as the definition.
- What works for one may not work for another.