



# Digestive Health and “Irritable Bowel Syndrome”

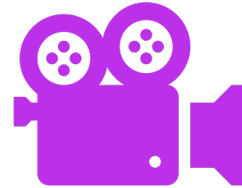
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# Digestive health and IBS



Introduction



[Definition: see video](#)

# Review of key points

Often associated with poor diet, food allergies and intolerances, poor gut flora, and *stress*.

The most common GI disturbance worldwide; slightly more common in women than men.

"Disorder of Central Sensitization": also fibromyalgia, irritable bladder, chronic fatigue syndrome, chronic pelvic pain, daily headaches, etc.

2  
types:

- **Spastic colon IBS:** constipation or diarrhea; often pain and cramping after a meal
- **Painless diarrhea IBS:** sudden onset of diarrhea during or after meals, or upon waking up

# Most common signs and symptoms



Cramping pain in your lower abdomen

Bloating and gas / flatulence

Changes in your bowel habits

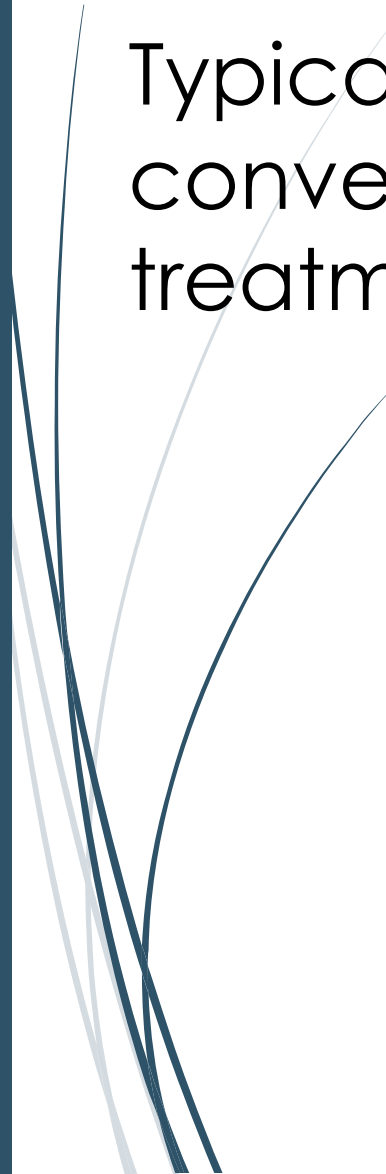
Diarrhoea or constipation, or both alternately

Immediate need to move your bowels when you wake up or during or after meals

Relief of pain after bowel movements

Feeling of incomplete emptying after bowel movements

Mucus in your stool (can be confused with other digestive issues)



# Typical conventional treatment

Primarily drugs: antispasmodics,  
antidiarrheals, antidepressants (or none?)

Low FODMAP (fermentable  
oligosaccharides disaccharides  
monosaccharides and polyols) diet

Eating consistent portions at regular  
intervals

Keeping a food diary to see if there are  
any patterns between what you eat and  
your symptoms

Increase fibre – insoluble vs soluble

- Insoluble such as cellulose/psyllium – constipation
- Soluble such as pectin – diarrhea



# Naturopathic solutions

Elimination diet: ID and avoid trigger foods – the most common are dairy, sugar, raw foods, gluten-containing grains, caffeine, alcohol, and high fiber foods (!) for some.

Choose cooked foods as much as possible.

Consider apple cider vinegar 15-30 min prior to eating.

Herbal teas after meals: Peppermint, chamomile, lemon balm, etc.



# Naturopathic solutions

Stress management –  
sympathetic vs parasympathetic  
control: slow down!

Link between neurotransmitter  
balance and gut health

- Exercise
- Mindfulness
- Journaling
- Positive thinking
- Good quality sleep

Physical manipulations:  
Massage, Chiropractic, Cranio-  
Sacral therapy, Hydrotherapy



# Naturopathic solutions

## Supplements

- Probiotics (FOS free)
- Digestive enzymes
- Magnesium (for C-type, not D)
- Enteric coated peppermint capsules

## Traditional Asian Medicine:

herbal formulas and acupuncture points: e.g. LI 11, ST 36, SP 6, LI 4