

IRRITABLE BOWEL SYNDROME and NATUROPATHIC MEDICINE

Irritable Bowel Syndrome (IBS) use to be referred to as “nervous digestion” or “spastic/mucous colitis”. Many digestive disorders can mimic IBS so it is important to have a complete evaluation by your Naturopathic Doctor to determine if what you have is IBS. These disorders can include malabsorption disorders, lactose intolerance, diverticulosis, inflammatory bowel disease, and colon cancer.

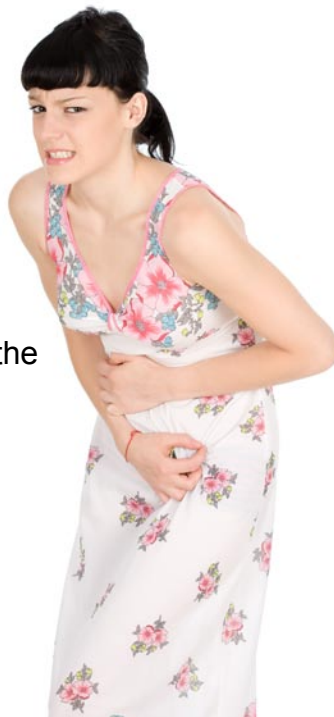
Common symptoms of IBS include the following continuous conditions:

- Abdominal pain and bloating
- Variable bowel function: constipation and/or diarrhea
- Gas/flatulence
- Nausea
- Low appetite
- Anxiety or depression
- Painful bowel movements

The factors that contribute to IBS vary for each individual, though research supports the following aggravating or causative factors.

These factors include:

- Multiple food sensitivities and/or intolerances
- Inadequate nutrition, especially consumption of large amounts of highly refined, sugary, low-fiber foods
- High levels of stress
- Altered microbial organisms in the intestine (i.e. not enough of the “good” bacteria needed for intestinal health)
- Lifestyle habits including lack of exercise
- Heredity



- Do you suffer from bloating, gas or cramping after meals?
- Do you have inconsistent bowel movements – with diarrhea, constipation or an alternation between the two?
- Have you noticed there are more and more foods you can't eat because of stomach problems?

If you answered yes to any of these questions you may benefit from consultation with a Naturopathic Doctor.

In your area, contact:



Irritable bowel syndrome is an extremely uncomfortable chronic condition of the large intestine that afflicts both men and women. It is the most common digestive illness in North America, affecting approximately 15% of the population. IBS significantly impacts on comfort and lifestyle of people who live with its often distressing symptoms.

There are many other digestive problems that interfere with proper digestion and that cause uncomfortable symptoms. Improper digestion can prevent vital nutrients from being properly absorbed and used by the body. Therefore, should you suffer from gas, bloating, diarrhea, constipation, skin conditions, heart burn, ulcers or other gastrointestinal problems a Naturopathic Doctor can help you resolve these concerns.

In Ontario, Naturopathic Doctors are represented by the Ontario Association of Naturopathic Doctors.

For additional information and resources on your health and naturopathic medicine visit www.oand.org

OAND Ontario Association of Naturopathic Doctors
the voice and resource for Naturopathic Doctors

IRRITABLE BOWEL SYNDROME and NATUROPATHIC MEDICINE

There is a Naturopathic approach.

With all digestive disorders, including IBS, your Naturopathic Doctor will take an individualized approach to your health. To help rebalance digestion and repair the gastrointestinal tract, your Naturopathic Doctor may recommend dietary changes, herbal medicines, homeopathic remedies or acupuncture.

When treating digestive disturbances, your Naturopathic Doctor will help you understand what agents or foods are aggravating your digestive system and help educate you about removing or replacing those foods in your diet. By eliminating these irritants, followed by treatments that repair the digestive system, significant improvement in symptoms can be achieved.

Other digestive problems that your Naturopathic Doctor can help treat include:

- Indigestion, Bloating
- Heartburn
- Constipation, Diarrhea
- Candida
- Crohn's Disease
- Colitis
- Gastro-esophageal reflux
- Stomach/Intestinal ulcers
- Hemorrhoids
- Mouth cancer sores
- Colon cancer

Did you know?

The years of training of an ND is similar to a family physician.

Most extended health care packages cover visits to Naturopathic Doctors.

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NATUROPATHIC MEDICINE

The primary goal of naturopathic medicine is to address the cause of a patient's illness, rather than treating or suppressing symptoms, with Naturopathic Doctors (NDs) devoting the time necessary to understand each individual patient. NDs are able to provide early diagnosis and treatment of many serious diseases. NDs also provide care that complements treatments received from other health care professions, and are highly trained to refer and consult as necessary. They are able to employ a wide range of therapies to create a preventive, restorative, and individualized approach to health care. These therapies include acupuncture and Asian medicine, botanical (herbal) medicine, homeopathic medicine, physical therapies, nutritional medicine, and lifestyle assessment and counselling.

Naturopathic medicine is founded on six principles:

- First, do no harm.
- Act in cooperation with the healing powers of nature.
- Address the fundamental causes of disease.
- Heal the whole person through individualized treatments.
- Teach the principles of healthy living.
- Prevention is the best cure.

Ontario's Naturopathic Doctors (NDs) are highly trained and provincially regulated primary health care providers. NDs support and stimulate the body's ability to heal itself, focussing on prevention and using natural substances and treatments.

To practice in Ontario, NDs must complete a comprehensive and rigorous education program. This program includes three years of pre-medical studies at a recognized university followed by a four year program of full-time training at an accredited college of naturopathic medicine. After graduation, NDs must pass intensive regulatory board exams that are standardized across North America, before qualifying for registration with the provincial regulator.

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