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Irritable bowel syndrome (or IBS) is a condition causing various problems to the sufferer like abdominal pain, cramping and bloating. Therefore, it is worthwhile to steer clear of the food items consuming which can lead to such complications. It is medically proven that certain dietary foods cause bloating to most IBS patients, so doctors advise to avoid consuming them until the symptoms subside.

To define IBS, it is a syndrome in the chronic gastrointestinal in the large intestine typically caused by consuming certain foods. Fortunately, however the syndrome is neither genetic nor contagious yet it is common for the sufferer to experience pain and discomfort in the abdomen leaving the large intestine intact of this.

Luckily, IBM is treatable and one effective ibs treatment is to consume small quantity of food recurrently at uneven intervals. This may not put a toll on your digestive system but instead aid in digesting the food as it should be. Also, ensure you take food solely when you feel an aching void. This enables the digestive system to build up required quantity of acid for proper digestion of the food. Those suffering from chronic or extreme Irritable bowel syndrome, it is common to feel abdominal twinge or serious constipation. With this in mind, it is important to give up all solid food and go with fruit juice. Fruit juices are quite helpful in standardizing acidic level as well as the food digestion. Citrus fruit juices are quite instrumental in dealing with the serious constipation. As it may be hard for one to depend on fruit juices solely on a regular basis, it is essential to equalize the intake of fruit juice and solid foods.

In the instance, the IBS is not treatable in the introductory phases then one can smell out acid reflux syndromes because of overproduction of digestive acid. This condition usually takes place when a person has a tendency to consume oily and spicy foods in extremity. A variety of acid reflux and heartburn remedies can be prepared at home using spices meant for cooking.

One of the most dependable heartburn remedies is gnawing raw cumin seeds an hour before taking any meal. The remedy is also effective in dealing with IBS. Cumin seeds have the special characteristic to promote digestion and curbing constipation. A few other home-produced heartburn and IBS remedies include drinking glass of hot ginger water an hour before meals. This works wonders in regulating acid levels, throwing the rapt gas from stomach, and dealing with improper digestive system.

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