



Holladay Physical Medicine

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This Information is about this condition in general. Every individual has a unique presentation. Once you understand this information, consult the doctor on any specific questions about your condition.

Irritable Bowel Syndrome

Irritable bowel syndrome (IBS, or spastic colon) is a symptom-based diagnosis characterized by chronic [abdominal pain](#), discomfort, bloating, and alteration of bowel habits. As a [functional bowel disorder](#), IBS has no known organic cause.^[1] [Diarrhea](#) or [constipation](#) may predominate, or they may alternate. Historically a [diagnosis of exclusion](#), a diagnosis of IBS can now be made on the basis of symptoms alone, in the absence of alarm features such as age of onset greater than 50 years, weight loss, gross [hematochezia](#), systemic signs of infection or colitis, or family history of [inflammatory bowel disease](#).^{[2][3]} Onset of IBS is more likely to occur after an infection (post-infectious, **IBS-PI**), a [stressful](#) life event, or onset of maturity.

Although traditional medicine has no cure for IBS, there are treatments that attempt to relieve symptoms, including dietary adjustments, medication and [psychological interventions](#). [Patient education](#) and a good [doctor-patient relationship](#) are also important.^[4]

Several conditions may present as IBS including [coeliac disease](#), [fructose malabsorption](#),^[5] mild infections, [parasitic](#) infections like [giardiasis](#),^[6] several [inflammatory bowel diseases](#), [bile acid malabsorption](#), [functional chronic constipation](#), [small intestinal bacterial overgrowth](#), and [chronic functional abdominal pain](#). In IBS, routine clinical tests yield no abnormalities, although the bowels may be more sensitive to certain stimuli, such as balloon insufflation testing. The exact cause of IBS is [unknown](#). The most common theory is that IBS is a disorder of the interaction between the brain and the [gastrointestinal tract](#), although there may also be abnormalities in the [gut flora](#) or the [immune system](#).^{[7][8]}

IBS has no effect on life expectancy. However, it is a source of chronic pain, fatigue, and other symptoms and contributes to work [absenteeism](#).^{[9][10]} The high prevalence of IBS^{[11][12][13]} and significant effects on quality of life make IBS a disease with a high social cost.^{[14][15]}

Abstract

Irritable bowel syndrome (IBS) is a common gastrointestinal disorder in which the underlying pathophysiology is poorly understood; however, increased intestinal permeability in diarrhea-predominant IBS patients has been reported. Here we demonstrate that diarrhea-predominant IBS (D-IBS) patients display increased intestinal permeability. We have also found that increased intestinal membrane permeability is associated with visceral and thermal hypersensitivity in this subset of D-IBS patients.

This condition is often associated with or a companion to acid reflux symptoms.

PREMISE

In order to recover from many of today's chronic health disorders, a basic premise must be understood on which all other treatments and remedies depend. The body must be fed the proper ingredients to heal and it must not be fed or exposed to harmful or toxic elements. Go to our web page www.holladayphysicalmedicine.com Scroll down to the Absolute Health Clinic on the right and click on Learn More. Review each of the following completely: Things to Avoid or Eliminate, Things to Do, Detoxification, Preferred Foods, Forbidden Foods, and Cleaning Products Substitutes.

Each of these items is necessary for you to overcome this disorder. It is not likely that a cure is readily achievable and management is our initial goal. Depending on how long your body has suffered from this disorder, it may take at least half that long to gain control of the condition and manage it in such a way as to not completely interfere with your daily routine. Expectations should be largely based on your individual history with this condition.

USE OF PRESCRIPTION DRUGS

We do not prescribe drugs nor recommend their use if harmful side-effects are associated with your complaints. We also do not, in any case, recommend changes in the use of prescription drugs that a licensed physician has given you. If you believe alterations in those prescriptions are in the best interest of your health, always consult with the prescribing physician before making any changes.

SUPPLEMENTATION:

The ideal situation for nutrition in any injury or disease is first to eat whole foods, and to avoid processed foods, fast foods preservatives, refined carbohydrates and sugar. We have much information on our web page under Absolute Health Clinic. The physical medicine modalities we will provide you will help reduce the symptoms in the time we have projected. If you want to heal, this step is something you will need to take.

Nowadays, even if you do all of those things, you need to realize that our food supply has been gradually depleted. The pure ingredients needed to maintain body function, metabolism and immunity have been drastically reduced. We recommend only whole food supplements. Studies are clear that synthetic vitamins and mineral supplements are not only not helpful to the body in most cases, but can be toxic. Don't expect them to take the place of what we recommend here. They will not help you sufficiently to heal properly. The following list has been prioritized to help you gradually begin to supplement your improved diet and provide your body with the ingredients it needs to restore or improve your immune response and then provide the raw materials in usable form to repair the damaged or diseased tissue. The degree to which you can implement these items will largely determine how fast you recover and more importantly whether or not you have a recurrence or relapse of the symptoms again soon.

These products are all produced by Standard Process. You may obtain them on line from Amazon or other distributors if you like or we can order them for you and save you an average of \$5 per bottle plus you can avoid shipping charges.

GENERAL DAILY SUPPLEMENTS

Catalyn
Tuna Omega-3 oil
Calcium Lactate
Trace Minerals B12
Cataplex D
Prolamine Iodine

SPECIFIC FOR THIS CONDITION

Chlorophyll Complex Perles
Gastrex
Cholacol II (on empty stomach)
Cataplex AC
Immuplex
Zypan

Specific dosages will be provided by the doctor.

We have many other specific items for a variety of health deficient conditions. Consult our web page or ask the doctor.

HOMEOPATHIC REMEDIES

GENERAL INSTRUCTIONS

When using homeopathic preparations, take as directed and as soon as the symptoms are gone and you feel very well, stop the use of this product and store it(not less than 6 feet from microwave). Should the symptoms return, follow the instructions for use again. If symptoms do not remit within 4 days, consult your doctor of chiropractic. Homeopathic combinations and liquids intended for sublingual absorption should be preceded with a distilled or filtered mouth rinse and followed by nothing by mouth for 4 minutes.

When using herbal and food supplementation, continue usage for at least three months before attempting to determine or assess the outcome.

Any patient following a nutritional homeopathic or dietary form of treatment should see the doctor at least every 30 days.

By following the prescribed usage excellent clinical results and relief of symptoms have been realized for the indicated condition and related complaints. Following these instructions will help to attain natural health as a gradual process. You may expect some symptomatic relief within a few days but permanent results may come from following this process for at least 6-12 weeks.

IMPORTANT NOTE: Homeopathic medication is safe and has no hazardous side effects. You may experience some "proving" on first using this in the form of mild skin or mucosal

lining irritations. There is also a toxic release action to this remedy which may give you some unusual temporary symptoms. Do not be alarmed as this is an indication that your body will react to the medication by stimulating your immune system. Should this reaction alarm you or persist, contact your doctor of chiropractic.

Specific Combination

MAGNESIUM
GERANIUM
OR VERATRUM

EXERCISE

Begin a daily walking routine of 1 minute on the first day. Add 1 minute each day until you are at 45 minutes of continuous walking. Make this a specific time and walking around stores, work or home does not count.

MAINTENANCE:

Regular spinal adjustments and mild forms of physical therapy are important to reduce the symptoms on a regular basis. Patients who receive monthly spinal manipulation and therapy report fewer complications and improved life style. It is important that you follow your chiropractic physician's advice about the frequency of treatment for your particular condition.

OTHER INFORMATION:

We offer a wide variety of health information at our web site.

www.holladayphysicalmedicine.com All patients are welcome to use our information to improve your life and maintain your spinal health.

This information is provided to you as a health service by Dr. Bruce Gundersen, DC, DIANM. He is board certified by the International Academy of Neuromusculoskeletal Medicine and currently serves as chairman of the examination board for the Academy. He is also the President of the Utah College of Chiropractic Orthopedists and clinical director and chief clinician at Holladay Physical Medicine. He has practiced physical and regenerative medicine for over 40 years.