

Health And Well-Being

Relieving Irritable Bowel Syndrome Discomfort

(NAPSA)—Imagine having to plan your day centered on where the closest bathroom is. Hardly anyone talks about it—it's embarrassing and often painful and, when symptoms are frequent and severe, it can take away a person's freedom and dignity.

Irritable Bowel Syndrome, or IBS, is a disorder in which the bowel doesn't work as it should, causing abdominal pain, diarrhea, bloating, cramps and more. It affects more than 25 million Americans and 70 percent of all sufferers are women.

It has even been referred to as the "disease of exclusion" because doctors often diagnose IBS only after they've ruled out a gamut of other gastrointestinal conditions or disorders.

Dr. Robert Yatto, a gastroenterologist in the Knoxville, Tenn. area, says that while there is no cure for IBS, there are several treatment options:

- Maintain a healthy diet and avoid overeating. Certain foods such as milk/dairy products, chocolate, carbonated drinks, alcohol, caffeine and fatty foods can possibly intensify problems, so it's wise for people to monitor how susceptible they are to certain foods in their diet and which foods cause them more pain and discomfort.

- Exercise regularly. Start out by walking. It's good for both your body and your mind.

- Always seek advice from a knowledgeable physician.

- Try a once-daily supplement such as Digestive Advantage Irritable Bowel Syndrome, the only over-the-counter, once-a-day therapy specifically designed to relieve painful IBS symptoms.

Dr. Yatto also says that for many years stress was thought to be a direct cause of IBS. Today, however, it is believed that stress is not a cause but rather a factor that can trigger IBS symptoms in some people.

"Living with IBS doesn't have to be debilitating," says Andrew Lefkowitz, president of Ganeden Biotech, the makers



Get back to enjoying life again.

of Digestive Advantage Irritable Bowel Syndrome. "We hear from people all the time who tell us that they just want their freedom to enjoy life and that's why we often refer to our product as our freedom pill. It's an effective treatment option that not only helps to normalize the digestive system and reduce IBS symptoms—it also helps people get their life back."

Digestive Advantage Irritable Bowel Syndrome is available at major retailers and better pharmacies nationwide. For a free sample or for more information, visit www.ganedenbiotech.com or call (800) 456-0276.