

Irritable Bowel Syndrome (IBS)

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Sunday, 03 March 2013 14:30

Doctors tend to see as a common ailment. It has been reported that one in five adults will suffer from this while only about half of them seek help from the doctor for it. IBS can also be known as intestinal neurosis, mucous colitis, spastic colitis, or spastic colon

Silymarin (milk thistle extract)- Internal Purposes: People would be wise to not only treat IBS but also their liver and their digestive tract with silymarin. As an alternative, licorice can be used. You can also choose burdock root and red clover which have been reported to be helpful in cleansing the blood and the liver as well. Cautions: Licorice may elevate blood pressure. Only use this herb for a seven-day stretch. If you have high blood pressure already, do not use licorice.

Alfalfa- Internal Purposes: In order to build intestinal flora for keeping the digestive system in order, vitamin K and chlorophyll are needed which can be obtained from alfalfa. Either herb can be taken as a liquid or in tablet form.

Aloe vera- Internal Purposes: Aloe vera can be useful in restoring the digestive tract. The colon walls will get cleaned of an overabundance of mucous and inhibit food reactions.
Dosage: 1/2 cup 3 x daily on an empty stomach

Peppermint- Internal Purposes: This herb may relief gas and help to digest food better and also in healing. Dosage: 1/2 cup of aloe vera juice 3 x daily