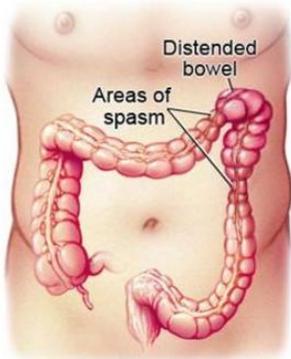


## Relieves irritable bowel



Irritable bowel syndrome, abbreviated with **I.B.S.**, can make life a misery. Regular abdominal pain and discomfort from a bloated feeling, frequent constipation alternating with diarrhoea, flatulence and urging for the toilet can make any traveling or social event not something to look forward to. **I.B.S.** is often accompanied with

heartburn and upcoming acid in the throat. Up to date there is no conventional medication available for treatment. **But there is light at the end of the tunnel for those who are seeking it. In order to be efficient and successful the treatment of Irritable Bowel Syndrome requires the all inclusive mind-body approach that homeopathy provides. Jeroen has 10 years of Homeopathic clinical experience with a variety of digestive tract disorders including Crohn's disease and I.B.S.**

**A great offer for anyone who presents this newsletter at first homeopathic consultation!**

**A reduction of 5%: from € 60. - to only € 57. - per consultation and the remedies are for free.**

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- **Benefits of homeopathic healthcare!**
- **I.B.S. and nutrition**

Enjoy this newsletter. Regards,  
**Jeroen Holtkamp, I.S.Hom.**

### What is Irritable Bowel Syndrome?

Researchers are not able to find the exact cause of I.B.S. Some suggest that it might be caused by a bacterial overgrowth in the small intestine. Sometimes an onset of I.B.S. is also seen after an infectious disease of the bowel. Symptoms might include:

- Pain, discomfort, bloating
- Constipation alternating with diarrhoea
- Urging for stool, letting of wind
- Mucous in stool
- Acid reflux, heartburn
- Fatigue, headache, backache
- Anxiety, depression

Statistics show that women are more prone to this syndrome. The symptoms seem to get worse before the period. The diagnosis I.B.S. is determined through the exclusion of all other possible disease with similar symptoms. *It is not known to be associated with an increased risk for the development of cancer, or inflammatory bowel disease, or with increased mortality.*<sup>1</sup> The mind-body relation has been proposed for I.B.S. and is becoming more and more a serious option for scientific research.

### Benefits of homeopathic healthcare!

To the homeopath body and mind are always intimately working together and are inseparable. This entanglement is not as alien as some scientists want us to believe. Some of our sayings clearly indicate a strong connection between the digestive tract and our mind. When we find something hard to believe, we find it hard to swallow. If something is not easy to accept we find it hard to stomach. And finally to digest not only refers to the breakdown of food into forms which can be assimilated by the body, but it also refers to reflection of the mind. The homeopathic remedies that are administered for the relief of I.B.S. always have to match your individual experience of this disease including the emotional problems that

proceeded and accompanied it. So, during the consultation the homeopath will encourage to talk in detail about your personal experience with I.B.S. Your individualising symptoms are indications to the homeopath of how your body attempts to recover. Homeopathic



remedies stimulate our body's natural recovery power to get over the I.B.S. of its own accord. In contrary to the conventional medical procedures homeopathy is a gentle and non-invasive medicine. Homeopathic remedies have no side effects. **The total costs of the conventional medical diagnosis, the treatment, painkillers, laxatives and therapies**

**to combat but not cure I.B.S. far out surpasses the costs of a homeopathic treatment.**

### I.B.S. and nutrition

Many people who have I.B.S.-like symptoms postpone professional help for a long time. They can become chronic laxative users and have a risk of malnutrition because of their sensitivity to certain foods and their diarrhoea. To relief the pain somewhat and to avoid further deterioration of your health:

- Drink at least 3 pints of water a day.
- Eat fibre rich food. Eat plenty of veg and decrease red meat at the dinner to ones a week. Supplement it with fish.
- Please contact Jeroen for more dietary information.

**Health food shop 'Nuts and Grains' opposite the back-exit of Dunne Stores shopping centre in Mullingar gives excellent product advice with a smile.**

Green Street Medical Centre, Castlepollard

**Jeroen Holtkamp, I.S.Hom.**

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<sup>1</sup> [www.worldgastroenterology.org](http://www.worldgastroenterology.org)