

File Created by [Blogging Rebirth](#) WP Plugin

Are You Searching For a Natural IBS Treatment to Reduce or Even Eliminate Your IBS Symptoms?

Millions of people suffer miseries from irritable bowel syndrome and IBS treatment has been a hit and miss thing for them. This frustrating disease causes bloating and gas, alternating diarrhea and constipation, cramps, unreliable bowel movements, nausea, heartburn and even symptoms like leg, chest and arm pain. IBS triggers can be many, like stress, food allergies, lack of exercise, over stimulation of the gut, by gut hormones like cholecystokinin, certain kinds of drugs and poor diet. Now, Digestive Science has the answer to the pain and discomfort of IBS with their [natural IBS treatment](#) system.

The Digestive Science IBS Relief System is a three part system that

- Helps you get relief from the pain of you IBS
- Puts your digestive system into balance
- Builds up and supports the health of your digestive system

Irritable bowel syndrome triggers

One trigger of IBS is a lack of gastric hydrochloric acid. People may be surprised that there's any hydrochloric acid in the stomach as it's such a corrosive acid, but the stomach has mucus to protect itself against the acid, and the acid helps break down food and so aids in digestion. Another cause of IBS is an inflamed gastrointestinal tract.

This inflammation has many of the same causes as IBS itself, including allergies and stress, as well as candidiasis, or yeast infections, and improper levels of fatty acids. The [Digestive Science IBS Relief System](#) offers three products to combat these triggers.

IBS Treatment Relief Step #1

The first product, ColoBalance IBS support, helps with IBS pain. Their formula includes Vitamin B1, B2, B3, B6, B9, B12, magnesium, zinc, flaxseed, psyllium Husk, L-glutamine, lactobacillus acidophilus, quercetin, milk thistle seed, alfalfa and aloe vera leaf, ginger and marshmallow root, and myrobalan. This formula should be taken three times a day, about an hour before meals.

IBS Treatment Relief Step #2

The second product is the Maximum Digestion Probiotic, which has ten strains of what's called "friendly bacteria." This product supports the microflora in the gut, and should be taken once a day, with water, about a half hour after a meal.

IBS Treatment Relief Step #3

The third product is the Daily Digestion Support. This product has milled chia seed, psyllium husk, fennel seed, papaya fruit, grapefruit pectin, peppermint and urva ursi leaf, as well as stevia and stevia leaf extract. This is taken once a day, as a packet dissolved in juice or water. It should be taken an hour before meals.

This IBS treatment is for people who have IBS. You should know that the symptoms of IBS are nonspecific, and they can resemble everything from plain indigestion to colon cancer. Therefore you should consult a medical professional to rule out other conditions that might resemble the symptoms of IBS.

How effective is this natural IBS treatment?

The vitamins and botanicals in this [natural ibs treatment](#) system work because they naturally and gently reverse some of the conditions that trigger IBS. For example, psyllium husk is a laxative and a stool softener that is often used by people who suffer from disorders of the digestive tract. Milled chia seed is a good source of omega 3-fatty acids, which are usually associated with cold-water fish.

These fatty acids increase immune system function and energy. Milk thistle seed has long been known as a tonic for the liver, and magnesium is a natural laxative that also keeps the gut from painful spasming. Flaxseed, among its other qualities like lowering hypertension and balancing blood sugars, is a fiber that supports the health of the bowel. Alfalfa leaf helps prevent inflammation of the stomach.

All of these have long been known as excellent remedies for people who suffer from IBS. It's impossible to describe the relief they feel when their IBS symptoms disappear!

Who would benefit the most from this natural IBS treatment?

The IBS treatment works best for people who take it as per directions and are willing to make changes to their diet, exercise routine and lifestyle. You should also be willing to make a commitment in time. You can expect to feel significant relief from your IBS symptoms after completing an initial 30-Day Program. However, that's just the beginning. You should realistically plan to continue taking the IBS Relief System for a minimum of 90 days to make real progress in rebalancing your digestive system.

This natural IBS treatment does not work for:

- People who aren't willing to make changes in their diet and overall lifestyle or to commit to the time it takes to see the system work
- If you're pregnant, nursing, or planning to become pregnant
- If you're taking any doctor-prescribed medications, speak with your doctor about this program before starting
- If you have allergies, review the ingredients to avoid potential reactions
- If you suffer with any health issues or have any medical concerns whatsoever, you should speak with your doctor before starting this program.

For sufferers of irritable bowel syndrome, this natural ibs treatment system will relieve your painful symptoms as well as increase the your energy level, help you attain more restful sleep and also clear up skin and other conditions that result from toxins in the body. The simple lessening of these symptoms and burdens of IBS will be of great benefit to you.

The [Digestive Science IBS Relief System](#), with its natural, yet precise, scientific and knowledgeable approach to IBS, is a worthwhile natural IBS treatment system that you can use to help you get your IBS symptoms under control while improving your digestive health all at the same time.

You can also find this article published on [Are You Searching For a Natural IBS Treatment to Reduce or Even Eliminate Your IBS Symptoms?](#)