



HEALTH RECORD IRRITABLE BOWEL SYNDROME (IBS)

Irritable bowel syndrome is a chronic disorder of the interaction between the brain and the gut, characterized by digestive hypersensitivity and transit disorders without identifiable organic abnormality.

Symptoms

- ✓ Abdominal pain
- ✓ Bloating
- ✓ Intestinal gas
- ✓ Constipation
- ✓ Diarrhea
- ✓ Alternating constipation/diarrhea
- ✓ Feeling of incomplete evacuation
- ✓ Symptoms aggravated by stress

Contributing factors

- Chronic stress
- History of gastroenteritis
- Microbiota imbalance
- Certain food sensitivities
- Individual predisposition

Conventional treatments

Dietary adaptation

- Symptomatic medications according to the symptoms

Antispasmodics

Psychological support when necessary

Complementary approaches

Individualized nutrition, better stress management, regular physical activity, and certain approaches targeting the microbiota can help improve symptoms in many people.

When to consult a doctor?

If the pain is severe, if it appears after age 50, in case of unexplained weight loss, blood in the stool, or persistent symptoms.

Bellis Wellness Clinic Approach

We offer a comprehensive assessment that takes into account diet, gut microbiota, lifestyle and emotional factors in order to provide long-term support to people suffering from functional digestive disorders.

