

IRRITABLE BOWEL SYNDROME

Irritable bowel syndrome (IBS) is probably the most common disease of the gastrointestinal tract. Around 50% of patients who consult a general practitioner because of gastrointestinal complaints suffer from it [1]. Typical signs of irritable bowel syndrome are chronic abdominal pain, which can occur in conjunction with constipation, diarrhea, and flatulence [2]. It is estimated that around 10-15% of the population worldwide suffer from irritable bowel syndrome, with women being more susceptible [3].

MAIN SYMPTOMS

- abdominal pain
- constipation, diarrhoea
- bloated stomach, feeling of fullness
- feeling of incomplete emptying
- flatulence
- nausea
- headaches
- sleep problems, tiredness
- concentration problems
- depression
- anxiety

CAUSES AND PATHOGENESIS

- exact causes are still unclear
- no organic causes
- possible triggers
 - chronic stress
 - food intolerances
 - intestinal dysbiosis
 - disturbed intestinal peristalsis
 - increased pain sensitivity
 - inflammations, infections

THERAPY

- **bowel therapy**
 - probiotics (according to the report)
 - prebiotics (acacia fibers, 2'FL, scFOS/scGOS)
 - inflammation inhibition (phosphatidylcholine, glutamine)
 - mucosa and milieu stabilizing interventions (humic acids, zeolite)
 - for excess histamine, see HIT overview
- **regulate tryptophan and catecholamine metabolism (depending on the report)**
 - Trp, griffonia
 - possibly GABA substitution
 - Trp-, serotonin- and/or GABA-forming probiotics
- **compensating for nutrient deficiencies**
 - vitamin B6, D
 - magnesium, iron, selenium
- **eliminate inflammations and ROS**
 - omega-3 fatty acids, vitamin C, E
- **conventional medical approaches:**
 - antispasmodic agents
 - substances against flatulence
 - laxatives
 - constipating substances
- **other approaches:**
 - avoid bloating food
 - several smaller meals a day
 - high fibre diet
 - low FODMAP diet
 - adequate drinking
 - avoid stress

DIAGNOSTICS

SA710A IRRITABLE BOWEL BASIC PROFILE

Material: T909, Fe, OS

Microbiome alterations

- Microbiome Analysis Mini incl. Candida

Neurotransmitters and precursors

- Trp, histamine

Exclusion of digestive disorders

- digestive residues
- maldigestion (pancreatic elastase, bile acids)
- malabsorption (1-antitrypsin, calprotectin)

SA710B IRRITABLE BOWEL MIDI PROFILE

Material: T909, Fe, OS

In addition to the Basic Profile:

Other neurotransmitters

- serotonin, GABA

Mucosal barrier (Leaky gut)

- Zonulin

Mucosal immune system

- sIgA

SA710C IRRITABLE BOWEL COMPLETE PROFILE

Material: T909, Fe, OS, EDTA, S

In addition to the Midi Profile:

Microbiome alterations

- Microbiome Analysis Midi incl. parasites

Mucosal relevant vitamins

- vitamin B6, D

ADDITIONS

In s/o SIBO

- B105 SIBO Breath Test

In s/o food intolerances

- B120 fructose malabsorption - Breath Test
- B110 lactose Intolerance - Breath Test
- B130 sorbitol malabsorption - Breath Test
- C044 Pre-Screen B
- A480 Gliadin and Transglutaminase AB (TG2) in stool
- B180 wheat germ agglutination