

# Index

## • A •

- abdomen, 119, 343
- abdominal pain/spasm
  - children's symptoms, 286–289
  - constipation symptoms, 59
  - defined, 343
  - less frequent IBS symptoms, 16
  - medications, 163–167, 235, 236
  - men versus women, 97
  - overview of, 56–57
  - primary IBS symptoms, 14
  - Rome III Diagnostic Criteria, 12–13
  - urgent care signs, 110
  - women's misdiagnosis, 99–100
  - yoga postures, 213–216
- abnormal gut motility, 46
- activated charcoal, 167
- acupuncture, 237–238
- Acupuncture Society, 238
- acute anticipation, 297
- addiction, to medication, 149
- adrenaline, 80
- adult pants, 267
- adult wipe, 267
- aerobic exercise, 206
- air, toxins in, 48–49
- air-contrast study, 137
- alcohol
  - drug interactions, 314
  - food record, 184
  - IBS triggers, 91, 313–314
  - leaky gut, 48
  - liver function, 30
  - sleep problems, 180
- allergy, food
  - cause of IBS, 45, 318
  - children's symptoms, 287
  - coeliac disease, 77
  - defined, 73, 343
  - dietary control, 74
  - differential diagnosis, 142, 143
  - questions for doctor, 118
  - testing for, 80–81, 140
  - vomiting, 52
- alosetron, 152
- alpha galactosidase, 167
- alternator, 13
- alverine, 163, 164
- American Gastroenterological Association, 330
- American Holistic Health Association, 251
- amitriptyline, 166, 269
- amoebic dysentery, 141
- amylase enzyme, 25, 201
- anaemia, 110, 133, 343
- anal fissure, 119–120, 343
- angelica root, 200
- anger, 220, 296–297, 326
- anise, 200, 243
- ANS (autonomic nervous system), 83
- antenatal care, 95
- antibiotic medication
  - drawbacks of, 315
  - effects on bacteria, 34, 71
  - IBS triggers, 69, 314–315
  - leaky gut, 48
  - overview of, 86
  - reason for symptoms, 115
- anticholinergic medication, 163–164
- antidepressant
  - alcohol interactions, 314
  - cause of IBS, 87
  - children, 294
  - diarrhoea, 59
  - overview of, 165–167
- antimuscarinic medication, 149, 163–164
- antispasmodic drug, 56, 163–164
- anus
  - anal fissure, 119–120, 343
  - barium enema procedure, 136–137
  - defined, 343
  - endoscopy procedure, 134
  - lubricant enemas, 162
  - proctalgia fugax, 63
  - rectal exam, 119–120, 131
  - suppository use, 162

anxiety  
 children's feelings, 296, 297  
 control of feelings, 218–222, 326–327  
 exercise benefits, 208, 210  
 faecal incontinence, 62  
 hypersensitive gut, 43–44, 83  
 psychological therapies, 225–226

appendix, 343

arachis oil, 162

areca seed, 200

Argentum nitricum (medication), 235

aromatherapy, 243–244

Aromatherapy Council, 244

arousal, 219

artificial sweetener, 186, 196

ascending colon, 22, 343

aspartame, 186, 344

assertiveness, 220–221, 256–257

associated condition, 66

Association for Applied Psychophysiology  
 and Biofeedback, 248

Association of Reflexologists, 239

atropine, 148, 149, 163

autonomic nervous system (ANS), 83

## • B •

bacteria  
 cause of IBS, 67–69, 70–71, 86  
 colonic irrigation, 247  
 diarrhoea treatment, 153–154  
 dietary fibre, 79  
 gas reduction tips, 54  
 good versus bad types, 32–34  
 large intestine function, 31  
 leaky gut, 48  
 post-infectious IBS, 67–69

bacterial implantation, 154

baking food, 198

barium  
 defined, 344  
 enema, 88, 136–137

Beano (medication), 56, 167

beans, 79, 186, 195

beetroot test, 39

behavioural therapy, 225–226

Benson, Herbert (doctor), 240

betaine hydrochloride, 201

bicarbonate, 30

bifidobacteria, 202

bile  
 binding agents, 150–151  
 cause of IBS, 73  
 digestion process, 28, 29  
 protective functions, 40

biofeedback, 225, 247–248

biological stressor, 84

biopsy, bowel, 138–139

bisacodyl, 160, 162

bitter herb, 200

black stool, 36

blame, 296

bleeding  
 emergency conditions, 18, 109–110  
 faecal occult blood test, 131–132  
 stool colours, 36

bloating  
 cause of IBS, 47  
 defined, 344  
 elimination diet, 193  
 IBS triggers, 91  
 incidence, 55  
 less frequent symptoms, 16  
 overview of, 54–55  
 primary symptoms, 14  
 tips for reducing, 55–56  
 urgent care signs, 109

blood sugar, 79–80, 138, 323

blood test, 132–133, 288

BMJ Clinical Evidence (Web site), 332

boiling food, 198

borborygmi, 344

bowel, 138–139, 344

Bowel Control (Web site), 331

bowel incontinence  
 defined, 344  
 medication, 268–269  
 overview of, 61–62  
 social situations, 264–269  
 travel plans, 260

bowel movement  
 common symptoms, 15  
 defined, 344  
 healthy habits, 178  
 mild cases of IBS, 16–17  
 nausea reduction, 52

brain–gut axis. *See* gut–brain axis

bran, 78, 151, 157

Branch, Rhena (*Cognitive Behavioural  
 Therapy For Dummies*), 226

breakfast, 278, 290

- breathing, 53  
 Bristol Stool Form Scale, 3  
 British Acupuncture Council, 238  
 British Association for Counselling and Psychotherapy, 229  
 British Association of Psychotherapists, 227  
 British Association of Therapeutic Hypnotists, 336  
 British College of Integrated Medicine, 250  
 British Dietetic Association, 122  
 British Holistic Medical Association, 251  
 British Homeopathic Association, 236  
*British Medical Journal*, 332  
 British Nutrition Foundation, 189  
 British Psychoanalytic Council, 230  
 British Psychoanalytical Society, 227  
 British Psychological Society, 230  
 British Society of Clinical Hypnosis, 242, 336  
 British Society of Gastroenterology, 330  
 British Society of Integrated Medicine, 250  
 bromelaine, 201  
 bulk-forming laxative agent, 151–152, 156–157  
 burping, 35, 53  
 Buscopan (medication), 163  
 Business Link (Web site), 283
- C •
- C reactive protein (CRP) test, 132, 288  
 cadaverine, 33  
 caecum, 344  
 CAM. *See* complementary and alternative medicine  
*Campylobacter jejuni*, 68  
 Canadian Society of Intestinal Research, 302–303, 330  
 cancer, 95, 133, 142  
*Candida albicans*  
   cause of IBS, 72  
   defined, 344  
   questions for doctor, 117–118  
   women's misdiagnosis, 100  
 caraway seed, 200  
 carbohydrate, 187, 345  
 carcinoembryonic antigen (CEA) test, 133, 344  
 career  
   disclosure of IBS, 280–282  
   effects of IBS, 276–277  
   home office, 282–283  
   lifestyle issues, 261  
   men versus women, 97  
   morning routine, 277–279, 325  
   overview of, 275  
   scheduled meals, 315  
   workday attacks, 279–280  
 Careplace Irritable Bowel Syndrome Community, 333  
 cascara, 160  
 Castro, Miranda (*The Complete Homeopathy Handbook*), 236  
 catastrophising, 83, 218–219, 288  
 cause, of IBS. *See also* irritable bowel syndrome  
   *candida*, 72  
   chemicals, 85–90  
   common triggers, 66–67  
   defined, 65–66  
   digestion problems, 45–46  
   food-related causes, 72–81, 87, 318  
   genetics, 84–85  
   holistic theories, 90  
   immune system, 69–70  
   infection, 67–69  
   leaky gut, 48–49  
   motility issues, 46  
   overview of, 1, 11–12  
   questions for doctor, 117  
   stress, 82–84  
   trapped gas, 46–47  
 CBT (Cognitive Behavioural Therapy), 62–63, 226  
 CDSA (comprehensive digestive stool analysis), 141  
 CEA (carcinoembryonic antigen) test, 133, 344  
 Celevac (bulking agent), 151  
 cell replacement, 29  
 cerebrospinal fluid, 51  
 CFS (chronic fatigue syndrome), 95, 345  
 chalky stool, 36  
 chamomile, 200  
 charcoal, 167, 270  
 chemicals  
   cause of IBS, 85–90  
   environmental, 48–49, 250–251  
   foods, 23–24, 45, 49, 87  
   laxatives, 160  
   stressors, 84

- chewing food, 24–26, 53, 69
- childhood experience
  - causes of IBS, 60, 85
  - control of feelings, 218
  - culture of upbringing, 101
  - gender gap in diagnosis, 96
- children
  - abdominal pain, 286–289
  - balanced home life, 293–294
  - complementary treatment, 232
  - diagnostic process, 288
  - emotional support for, 294–298
  - incidence of IBS, 93
  - overview of, 285
  - stressors, 289–293
- Chinese medicine, 233, 237
- chiropractic, 245–246
- chlorophyll, 269
- chocolate, 203
- cholecystokinin, 38, 60
- chronic fatigue syndrome (CFS), 95, 345
- chyme, 28
- cilansetron, 152
- clinical trial, 147–148
- clomipramine, 166
- coconut oil, 189
- codeine, 59, 154
- coeliac disease
  - children's symptoms, 287
  - defined, 345
  - differential diagnosis, 143
  - gluten-free diet, 140
  - Internet resources, 337
  - investigations, 138–140
  - overview of, 77
  - questions for doctor, 117
- coffee, 28, 180, 186, 196
- Cognitive Behavioural Therapy (CBT), 62–63, 226
- Cognitive Behavioural Therapy For Dummies* (Branch and Willson), 226
- colestyramine, 150–151, 269
- colic, 167
- colitis, 337, 345
- College of Psychoanalysts – UK, 227
- Colocynthis (medication), 235
- Colofac (medication), 163
- colon
  - abdominal pain, 57, 58
  - cancer, 142
  - defined, 345
  - gut motility, 46
  - illustrated, 22
  - immune system malfunction, 70
  - large intestine function, 31
- colonic food, 33
- colonic irrigation, 246–247
- colonoscopy, 134–136, 345
- comfort food, 203
- communication, 270, 271, 280–282
- commute, to work, 278–279
- complementary and alternative medicine (CAM). *See also specific CAM treatment*
  - children and pregnant women, 232
  - doctor's attitude toward IBS, 112
  - integrated medicine, 249–252
  - Internet sources, 305
  - medical expense, 262
  - overview of, 231–232
  - placebo effect, 233–234
  - referrals and information, 232
  - selection, 233
  - therapists, 122
- The Complete Homeopathy Handbook* (Castro), 236
- complex carbohydrate, 187, 197, 345
- comprehensive digestive stool analysis (CDSA), 141
- computed tomography (CT) imaging, 137–138
- conflict therapy, 227
- constipation
  - accompanying pain, 57
  - bloating incidence, 55
  - causes of, 59–60
  - defined, 345
  - dietary remedies, 60, 157, 158
  - exercise, 162
  - faecal incontinence, 265
  - gastroenteritis symptoms, 69
  - incidence of, 6
  - medication, 36, 151–152, 154–162
  - overview of, 59
  - primary symptoms, 14
  - sex issues, 272
  - stool consistency, 37
  - treatment options, 36, 162
  - women's hormones, 98
- constipation-predominant IBS (IBS-C)
  - causes of, 59–60
  - common symptoms, 59

- defined, 13
  - high-fibre diet, 78
  - overview of, 59
  - treatment options, 60
  - constitutional homeopathic remedy, 235
  - Continence Foundation, 266
  - cooking food, 197–198, 199
  - co-phenotrope, 148–149
  - coping skills, 103
  - CORE (Digestive Disorders Foundation), 330
  - corticosteroid, 49
  - corticotropin-releasing factor (CRF), 70
  - counselling, 228–229
  - co-worker, 281
  - cramp. *See* abdominal pain/spasm
  - Crohn's disease
    - children's diagnosis, 288
    - defined, 346
    - differential diagnosis, 142
    - versus IBS, 18
    - Internet resources, 337
    - investigations, 137
    - questions for doctor, 118
  - CRP (C reactive protein) test, 132, 288
  - CT (computed tomography) imaging, 137–138
  - culture, of sufferer, 101–102
  - cure, for IBS, 94, 146, 147, 173
  - cyst, 133
  - cytokine, 70
- D •**
- dairy product
    - allergies to, 142, 287
    - children's symptoms, 287
    - gluten-free diet, 140
    - history of eating habits, 5
    - lactose, 74–76
    - overview of, 186
    - substitutes, 79, 195
  - dantron (danthron), 160
  - DDA (Disability Discrimination Act), 281
  - death, 292–293
  - deconditioning, 210
  - dental problem, 25
  - dental product, 89
  - depression
    - children's feelings, 297–298
    - control of feelings, 221–222
    - medications, 165
  - descending colon, 22, 346
  - desipramine, 166
  - detoxing, 192–193
  - diagnosis. *See also specific exams/tests*
    - in children, 288
    - diagnosable disease versus functional disorder, 44
    - differential, 141–143
    - evidence-based medicine, 11–13
    - process of, 129–130
    - questions for doctor, 117
    - uncertainty of, 10–11, 45
    - women's pain, 94–96, 99–100
  - diarrhoea
    - accompanying pain, 57
    - antibiotic drawbacks, 315
    - children's symptoms, 287–288
    - defined, 346
    - differential diagnosis, 141–142
    - faecal incontinence, 265
    - gastroenteritis symptoms, 69
    - medication, 59, 148–154, 235, 236
    - nausea reduction, 52
    - overview of, 37, 58–59
    - primary symptoms, 14–15
    - sex issues, 272
    - travel plans, 71
    - urgent care signs, 110
  - diarrhoea-predominant IBS (IBS-D)
    - antidepressant research, 166
    - defined, 13
    - dietary fibre, 78, 316
    - overview of, 57–58
    - symptoms, 58–59
  - diary
    - detoxing tips, 93
    - exercise programme, 212
    - food record, 52, 125–126, 184–185
    - incontinence, 265
    - life events, 174–177
  - dicyclomine, 163, 164
  - dicycloverine, 163
  - diet. *See also* eating habits; food
    - cooking tips, 197–198
    - disastrous foods, 186
    - elimination plan, 190–194
    - food combinations, 187–188
    - food shopping, 196–197
    - guidelines, 323

diet (*continued*)

- Internet resources, 336–337
- problems with healthy foods, 189–190
- records, 184–185
- stress interactions, 203

## dietitian, 121–122, 336

## Dietitians Unlimited (Web site), 336

## differential, 133

## digestion

- cause of IBS, 46–49
- defined, 346
- herbal aides, 200–201
- process, 24–32
- transit time, 39, 187

## Digestive Disorders Foundation (CORE), 330

## digestive enzyme

- digestion process, 24, 25, 26, 28
- gas reduction, 167
- gastroenteritis, 68
- lactose absorption, 75
- overview of, 201
- protective functions, 40
- supplements, 201–202

## digestive juice, 24

## digestive system

- controlling systems, 37–38
- defined, 346
- illustrated, 27
- transit time, 39

## digital rectal examination, 346

## diphenoxylate hydrochloride, 148, 149

## Disability Discrimination Act (DDA), 281

## disaccharide, 74–75

## disposable underwear, 266–267

## distended abdomen, 54–56

## diverticula

- barium enema procedure, 136
- constipation complications, 60
- defined, 346
- endoscopy procedure, 134

## diverticulitis, 136, 346

doctor. *See also specific types*

- attitude toward IBS, 111–112
- children's stress, 293
- diagnosis in women, 95–96
- exercise programme, 211
- first appointment, 123–127
- GP versus specialist investigations, 130
- incidence of IBS, 94
- medical limitations, 10

## misdiagnosis, 100

## overview of, 107

## physical exam, 118–120

## purpose for visit, 108

## referral to specialist, 120–122, 232

## relationship with, 112–118, 328

## selection, 111

## symptoms warranting visit, 108–111

## urgent care signs, 18, 109–111

## docusate sodium, 160, 161

## double-contrast study, 137

## doxepin, 166

## drug abuse, 30, 149

## duodenum, 50, 351

## D-xylose sugar, 138–139

## dysautonomia, 219

## dysentery, 141–142, 346

## dyspepsia, 54, 347

## dysphagia, 16

## • E •

*e. coli* bacteria, 68eating habits. *See also* diet; foodavoidance of *candida*, 72

## bloating-reduction tips, 55–56

## bulking agents, 151–152, 157

## cause of IBS, 45–46, 72–81

## children's stress, 290, 291

## common symptoms, 14–15

## constipation treatment, 60

## detoxing tips, 192

## diarrhoea treatment, 153–154

## digestion process, 24–31

## digestion time, 39

## effects of IBS, 263

## effects on bacteria, 71

## food record, 125–126, 184–185, 190

## food substitutes, 195–196

## gas reduction, 54

## gluten intolerance, 140

## good versus bad bacteria, 33–34

## history of, 45

## IBS triggers, 315–318

## importance of, 23–24

*lactobacillus* consumption, 100

## less frequent symptoms, 16

## life-events diary, 175

- mild cases of IBS, 17
  - morning routine, 278
  - nausea reduction, 52
  - overview of, 183
  - reasons for symptoms, 16
  - serotonin research, 309
  - sleep tips, 181
  - symptom management, 173, 177–178
  - travel plans, 71, 259
  - elimination diet, 190–194
  - ELISA test, 81
  - EMA (endomysial antibody), 139
  - embarrassment, 54, 61, 113–114, 291
  - emotional freedom technique, 237
  - emotional motor system, 220
  - emotions, of sufferer
    - children's feelings, 293–298
    - control of feelings, 218–222, 326–327
    - diary entries, 175, 185
    - doctor visit, 113
    - effects of IBS, 262–264
    - emotional healing, 222–223
    - exercise benefits, 208, 210
    - mind-body relationship, 19, 82–83
    - psychological therapy options, 223–230
    - stress–diet interaction, 203
    - typical feelings, 10
  - Encyclopedia of Homeopathy* (Lockie), 236
  - endocrine system, 38, 70
  - endometriosis, 142
  - endomysial antibody (EMA), 139
  - endorphin, 206, 208, 210
  - endoscopy
    - children's diagnosis, 288
    - defined, 347
    - overview of, 134–136
  - enema
    - barium enema procedure, 136–137
    - children's diagnosis, 288
    - colonic irrigation, 246–247
    - constipation remedy, 159
    - endoscopy procedure, 135
    - overview of, 162
  - enteric nervous supply, 38, 219, 220
  - environmental medicine, 250–251
  - eosinophilia myalgia syndrome, 309
  - eructation, 347
  - erythrocyte sedimentation rate (ESR)
    - test, 132
  - essential fat, 188
  - essential oil, 243
  - evidence-based medicine, 11–13
  - exercise
    - benefits of, 179, 207–210, 323
    - bloating-reduction tips, 56
    - constipation remedy, 162
    - defined, 206–207
    - diary entries, 175
    - digestion process, 29
    - digestion time, 39
    - general guidelines, 324
    - large intestine function, 32
    - options, 212
    - overview of, 205–206
    - programme creation, 210–212
    - resources, 334–335
    - sleep tips, 180
    - yoga, 213–216
  - Expert Patients Programme (symptom management programme), 171–172, 337
  - explosive fart, 47
  - eye exam, 119
- F •**
- faecal incontinence
    - medication, 268–269
    - overview of, 61–62
    - social situations, 264–269
    - travel plans, 260
  - faecal occult blood test, 131–132
  - faeces
    - colour and consistency, 36–37
    - digestion time, 39
    - explosive fart, 47
    - good versus bad bacteria, 33
    - investigations, 141
    - large intestine function, 31–32
    - overview of, 35
    - stool softeners, 160–161
    - tests, 131–132, 288
  - faecolith, 15, 265
  - family
    - balanced life, 293–294
    - children's stress, 293
    - communication issues, 271
    - genetic predisposition to IBS, 84–85
    - lifestyle issues, 258–259, 273
    - medical history, 126
    - social situations, 264–273
    - support of, 270–271, 294–298, 333

- family planning, 95
- fart. *See* gas
- fasting, 268
- fat, dietary
- abdominal pain causes, 57
  - bloating-reduction tips, 56
  - cause of IBS, 73, 76–77
  - constipation treatment, 60
  - digestion rate, 28
  - IBS triggers, 317
  - menu plan, 196, 197
  - overview of, 187
  - reduction of, 188–189
  - stool consistency, 37
- FBC (full blood count), 133
- FBD (functional bowel disorder), 10, 44
- fear
- control of feelings, 218–219
  - effects of IBS, 262–264
  - emotional motor system, 220
- fennel, 201
- fermentation, 35, 138, 187
- fever, 67, 110
- fibre, dietary
- bloating-reduction tips, 55
  - bulking agents, 151–152, 157
  - cause of IBS, 78–79
  - constipation treatment, 60, 155
  - digestion time, 39
  - faecal incontinence, 268
  - food sources, 341–342
  - good versus bad bacteria, 33
  - IBS triggers, 90–91, 316
  - nausea reduction, 52
  - overview of, 186
  - problems with, 189
- fibroid, 133
- fibromyalgia (FMS), 95, 347
- fig, 158
- financial issues, 261–262
- 5-HT<sub>4</sub> partial agonist, 56, 159
- 5-HT receptor, 152
- 5-HTP supplement, 308
- fizzy drink, 56
- flatulence. *See* gas
- flatulence filter, 270
- flexibility, 207
- fluoride, 89
- FMS (fibromyalgia), 95, 347
- food. *See also* diet; eating habits
- additives, 87
  - diary, 52, 125–126, 184–185
  - fried foods, 196, 198, 317
  - intolerance, 73, 318
  - labels, 23–24
  - poisoning, 126
  - sensitivity, 73, 318
  - substitutes, 196
- food allergy. *See* allergy, food
- Foodreactions.org (Web site), 336
- fried food, 196, 198, 317
- friendship, 272
- fructose, 74
- fruit
- constipation remedy, 158
  - diet guidelines, 323
  - digestion rate, 28
  - leaky gut, 49
  - menu plan, 196
  - questions for doctor, 117
  - substitutes, 195
  - sugars, 74, 188
- full blood count (FBC), 133
- functional bowel disorder (FBD), 10, 44
- functional condition, 66
- fungus, 49
- future, fear of, 264

## • G •

- gallbladder, 28, 40, 347
- gas
- abdominal pain causes, 57
  - bloating causes, 55
  - bulking agents, 157
  - cause of IBS, 46–47
  - children's stress, 292
  - common symptoms, 15
  - defined, 347
  - elimination diet, 193, 194
  - faecal incontinence, 265–266
  - food sensitivity, 73
  - IBS triggers, 91
  - lactose digestion, 75
  - medication, 167
  - overview of, 35, 53–54
  - social situations, 269–270
  - sources of, 35

- trapped, 46–47
  - types, 53–54
  - yoga postures, 213–216
  - gastric acid, 26, 27, 40
  - gastrin, 38
  - gastroenteritis
    - children's symptoms, 287
    - defined, 347
    - IBS causes, 67–69
  - gastroenterologist, 121, 130, 347
  - GastroHep (Web site), 332
  - gastrointestinal serotonergic agent, 306
  - gastrointestinal tract (GIT)
    - basic facts, 22
    - defined, 346, 347
    - digestion process, 24–32
    - hypersensitive gut causes, 43–44
    - illustrated, 22
    - overview of, 21
    - protective forces, 40
    - transit time, 39
  - gastro-oesophageal reflux disease (GORD), 50, 348
  - General Chiropractic Council, 246
  - General Osteopathic Council, 246
  - genetics
    - cause of IBS, 84–85
    - orthomolecular medicine, 252
    - serotonin research, 307
  - giardia lamblia*, 142, 287
  - ginger
    - nausea reduction, 52
    - overview of, 201
  - GIT. *See* gastrointestinal tract
  - globus hystericus, 16
  - glucose, 79–80, 158
  - gluten, 139, 186, 287
  - gluten intolerance
    - defined, 345
    - differential diagnosis, 143
    - investigations, 138–140
    - overview of, 77, 78
    - questions for doctor, 117
  - gluten-free diet, 140
  - glycerol, 162
  - goal setting, 211, 222
  - GORD (gastro-oesophageal reflux disease), 50, 348
  - grain
    - bloating-reduction tips, 55
    - digestion rate, 28
    - elimination diet, 194
    - leaky gut, 49
    - menu plan, 197
  - grief, 292–293
  - griffonia seed, 308
  - group therapy, 224
  - gut motility, 46
  - Gut Trust (IBS organisation), 303, 330
  - Gut (Web site), 332
  - gut–brain axis
    - cause of hypersensitive gut, 41–44
    - defined, 19
    - incomplete evacuation, 62–63
    - overview of, 41
  - gut-directed hypnotherapy, 241–242
- **H** ●
- haemorrhoid
    - bleeding, 109
    - constipation complications, 60–61
    - defined, 348
    - rectal exam, 119–120
    - stool colours, 36
  - hair, 119
  - happy baby posture, 213
  - health insurance, 280
  - Health Protection Units, 126
  - heartburn
    - defined, 348
    - less frequent IBS symptoms, 16
    - medication, 235
    - overview of, 50
  - Help for IBS.com (Web site), 336
  - herbal treatment, 199–201, 238
  - hiatus hernia, 348
  - holiday allowance, 281
  - holistic health, 251
  - home office, 282–283
  - homeopathy, 234–236
  - hormone
    - constipation treatment, 60
    - digestion process, 28
    - digestive controls, 38
    - IBS triggers, 91, 318–319
    - leaky gut, 49
    - men versus women, 97–99
  - human resources department, 282
  - humour, 258, 281, 327
  - hunger, 235, 322

hydrogen breath test, 138–139, 318  
 hydrolysed protein, 24  
 hyoscine, 163  
 hypersensitive gut  
   cause, 41–49, 66–72  
   overview of, 41  
   stress effects, 83  
 hypnotherapy, 225, 241–242, 336  
 Hypnotherapy Association, 242, 336

## • 1 •

IBD. *See* inflammatory bowel disease  
 IBS. *See* irritable bowel syndrome  
 IBS Audio Program 100 (Web site), 336  
 IBS Network, 303, 330, 331  
 IBS Patient Action Group, 333  
 IBS Research Update (Web site), 336  
 IBS Tales (Web site), 332  
 IBS-C. *See* constipation-predominant IBS  
 IBS-D. *See* diarrhoea-predominant IBS  
 IgA (immunoglobulin A), 40  
 ileocecal sphincter, 26, 31  
 illness, accompanying, 71, 209, 276  
 imagining symptoms, 19  
 immune system  
   cause of IBS, 69–70  
   exercise benefits, 208, 209  
   gluten effects, 77  
   good versus bad bacteria, 33  
 immunoglobulin A (IgA), 40  
 impaction, 265  
 incomplete evacuation, 59, 62–63  
 incontinence. *See* bowel incontinence  
 indigestible foods, 31  
 indigestion, 54  
 infection  
   abdominal pain causes, 57  
   children's diagnosis, 288  
   destruction of good bacteria, 153  
   FBC test, 133  
   reason for symptoms, 115  
   urgent care signs, 110  
 inflammation, 67–69  
 inflammatory bowel disease (IBD)  
   children's symptoms, 287  
   defined, 348  
   versus IBS, 18  
   symptoms, 15

insoluble fibre  
   bulking agents, 152  
   defined, 348  
   effects, 78  
   food sources, 341–342  
 insomnia, 180, 210  
 Institute of Psychoanalysis, 227  
 insulin, 30, 80  
 integrated medicine, 249–252  
 integrative therapy, 229  
 intensive psychoanalysis, 224  
 International Congress of Gastroenterology,  
   12  
 International Foundation for Functional  
   Gastrointestinal Disorders, 11, 330  
 Internet resources, 303–305, 332–337  
 interview, job, 280  
 intestinal flora. *See* bacteria  
 intestinal mucosa, 68, 349  
 intestine  
   cause of IBS, 46–47  
   defined, 349  
   gastrointestinal infection, 68–69  
   trapped gas, 46–47  
 intrinsic nervous supply, 38  
 investigation. *See also specific investigations*  
   children's diagnosis, 288  
   defined, 129  
   food allergy test, 80–81  
   overview of, 130  
 involuntary muscle, 32  
 Irritable Bowel Syndrome Association, 330  
 irritable bowel syndrome (IBS). *See also*  
   cause, of IBS  
   defined, 44, 349  
   incidence of, 1, 9, 93  
   subtypes, 13  
 Irritable Bowel Syndrome mailing list, 333  
 Irritable Bowel Syndrome Self Help and  
   Support Group, 302, 330  
 irritant laxative, 160  
 ischaemic colitis, 152  
 isolation, of sufferer, 270–271, 283  
 ispaghula, 78, 151–152

## • 1 •

jaundice, 119  
 jejunum, 75

joint health, 207  
 joke, workplace, 281  
 Jungian analytical psychology, 227

## • K •

kidney, 349

## • L •

lactase, 75  
*Lactobacillus acidophilus*  
 defined, 349  
 supplements, 34, 100, 202–203  
 lactose intolerance  
 children's symptoms, 287  
 differential diagnosis, 143  
 IBS triggers, 72  
 Internet resources, 337  
 investigations, 138–139  
 overview of, 74–76  
 questions for doctor, 117  
 lactulose, 158  
*Lancet* (journal), 332  
 laparotomy, 349  
 large intestine  
 defined, 349  
 digestion process, 30–32  
 good versus bad bacteria, 32–34  
 gut motility, 46  
 IBS symptoms, 16  
 laxative  
 barium enema procedure, 136  
 constipation treatment, 60, 154–162  
 defined, 36, 349  
 endoscopy procedure, 135  
 IBS triggers, 91  
 overview of, 156  
 sorbitol effects, 76  
 leaky gut, 48–49, 57, 69  
 Learning Meditation (Web site), 335  
 lifestyle, of IBS sufferer  
 assertiveness, 256–257  
 family issues, 258–259  
 life changes, 257  
 overview of, 255–256  
 pace of life, 320  
 recent research, 260–261  
 sex issues, 271–272  
 travel plans, 259–260

*Lilium tigrinum* (medication), 235  
 lipase, 202  
 listening, to child, 295–296  
 liver  
 defined, 349  
 digestion process, 29–30  
 disease of, 119  
 stool colours, 36  
 Lockie, Andrew (*Encyclopedia of Homeopathy*), 236  
 Lomotil (medication), 148–149  
 loperamide  
 constipation causes, 59  
 diarrhoea treatment, 59, 154  
 faecal incontinence, 268–269  
 overview of, 149–150  
 travel plans, 259  
 Lotronex (medication), 152  
 lower GI series, 349  
 lower oesophageal sphincter, 26, 50, 349  
 L-tryptophan, 309  
 lubricant, 160–161  
 lubricant enema, 162  
 lumen, 33  
 Lycopodium (medication), 235  
 lymphatic tissue, 29, 48–49

## • M •

macrogol, 158  
 Mag Phos (medication), 235  
 magnesium, 89–90, 193, 235  
 magnetic resonance (MR) imaging, 137–138  
 mail order test, 81  
 mailing list, 332–333  
 malabsorption syndrome, 160–161, 349  
 malnutrition, 30  
 Manipulation Association of Chartered Physiotherapists, 246  
 manipulative therapy, 245–246  
 massage, 244–245, 335  
 meat, 196, 198  
 mebeverine, 163, 164  
 medical expense, 261, 262  
 medication. *See also specific types*  
 abdominal pain, 235, 236  
 alcohol interactions, 314  
 bloating-reduction tips, 56

- medication (continued)
    - cause of IBS, 86–87
    - constipation remedies, 36, 151–152, 154–162
    - cure for IBS, 146, 147
    - current drug therapies, 146–147
    - depression, 165
    - diarrhoea, 59, 148–154, 235, 236
    - doctor's attitude toward IBS, 112
    - faecal incontinence, 268–269
    - gas production, 167
    - heartburn, 235
    - homeopathic treatment, 234–237
    - leaky gut, 48, 49
    - liver function, 30
    - marketing effects, 300
    - morning routine, 279
    - muscle spasms, 163–164, 167
    - nausea reduction, 52
    - online information, 305
    - overmedication, 321–322
    - overview, 146
    - pain management, 163–167
    - research, 147–148
  - meditation, 239, 327, 335
  - men, as IBS sufferers, 94–97
  - menstrual period, 97–99, 142, 199
  - menthol, 60
  - menu planning, 196–197
  - Merbentyl (medication), 163
  - mercury, 87–88
  - meridian, 237
  - methylcellulose, 151
  - metronidazole, 314
  - microwaving food, 198
  - microvilli, 68
  - midgut motility disorder, 55, 61
  - milk of magnesia, 158–159
  - Mind/Body Medical Institute, 240
  - mind-body relationship, 19, 82–83, 248
  - mineral oil, 160
  - mineral salt, 159
  - mint, 52
  - mistaken identity, 66
  - mixed bowel habit, 13
  - monounsaturated fat, 187, 188
  - morning symptoms
    - children's stress, 290–291
    - common types, 14–15
    - diarrhoea-predominant IBS, 58
    - medications, 236
    - mild cases of IBS, 16–17
    - planning tips, 325
    - work issues, 277–279
  - motility, 46, 61
  - mould, 49
  - mouth, 24–25, 40
  - Movicol (medication), 158
  - moxabustion, 238
  - MR (magnetic resonance) imaging, 137–138
  - MSG (flavour enhancer), 24, 87
  - mucosa, 68, 349
  - mucous colitis, 350
  - mucus
    - common IBS symptoms, 15
    - defined, 350
    - digestion process, 25
    - good versus bad bacteria, 33
    - large intestine function, 31
    - leaky gut, 48–49
    - stool consistency, 37
  - multifactorial disease, 46–47
  - muscle contraction
    - large intestine function, 32
    - medication, 163–164, 166
    - vomiting process, 51
  - muscle strength, 206, 207, 209
- N •
- nails, 119
  - nap, 181
  - National Council for Hypnotherapy, 242, 336
  - National Institute of Diabetes and Digestive and Kidney Diseases, 332
  - Natrum carbonicum (medication), 235
  - naturopathic medicine, 248–249
  - nausea
    - common IBS symptoms, 15
    - low blood sugar, 80
    - overview of, 50–52
    - remedies, 52
  - negative thinking, 218, 296–298
  - nerve growth factor, 208
  - nervous system
    - digestive controls, 38
    - faecal incontinence, 61–62
    - gut motility, 46
    - hypersensitive gut causes, 41–44
    - immune system malfunction, 70

incomplete evacuation, 62–63  
 serotonin research, 307–308  
 neurotransmitter, 51, 165, 350  
*New England Journal of Medicine*, 332  
 NHS expense, 262  
 niacin, 309  
 nicotine, 88  
 non-steroidal anti-inflammatory drugs  
 (NSAID), 49, 314, 321–322  
 nutrients  
 digestion process, 26  
 digestion time, 39  
 food record, 185  
 gluten intolerance, 139  
 good versus bad bacteria, 33  
 stool consistency, 37  
 Nutrition Society, 122  
 nutritionist, 121–122  
 nuts, 197  
 Nux vomica (medication), 236

## ● 0 ●

occult bleeding, 350  
 odour. *See* smells  
 odynophagia, 16  
 oesophageal sphincter, 26, 50, 349  
 oesophagus  
 defined, 350  
 digestion process, 26  
 heartburn, 50  
 less frequent IBS symptoms, 16  
 oestrogen, 98  
 oil, 197, 198, 243  
 older people, 36, 110, 143  
 olive oil, 98  
 omega-6 fatty acid, 188  
 omega-3 fatty acid, 188  
 one-legged forward bend, 214–215  
 online support group. *See also* support group  
 overview of, 331  
 resources, 301–303, 331–333  
 social life, 272–273  
 opiate, 314  
 opioid analogue, 149  
 oregano, 201  
 organisation, IBS. *See specific organisations*  
 oriental medicine, 237

orthomolecular medicine, 252  
 osmotic laxative, 158  
 osteopathy, 245–246  
 osteoporosis, 143

## ● p ●

padded pant, 266  
 pain. *See* abdominal pain/spasm  
 pain threshold  
 antidepressant effects, 165  
 anxiety effects, 83  
 culture, 101, 102  
 defined, 350  
 exercise benefits, 210  
 men versus women, 97  
 visceral hypersensitivity, 43  
 pale skin, 119  
 PALS (Patient Advice and Liaison Service),  
 331  
 pancreas, 28, 30, 350  
 panic, 218–219, 226, 263  
 panty liner, 265–266  
 papaya, 202  
 paraffin, 160  
 parasite, 33  
 passive coping, 288  
 pathogenic bacteria, 48  
 Patient Advice and Liaison Service (PALS),  
 331  
 pectin, 152  
 pelvic examination, 133  
 pelvic pain, 99  
 peppermint oil  
 aromatherapy, 243  
 constipation, 60  
 muscle spasms, 163, 164  
 overview of, 201  
 pepsin, 202  
 peptidase, 202  
 peristalsis, 350  
 peritoneum, 350  
 pharmacy, 233  
 pharynx, 26  
 phenolphthalein, 160  
 phosphate salt, 159  
 physical examination, 118–120, 130–131  
 physical stressor, 84

- PI-IBS (post-infectious IBS), 67–68  
 Pilates exercise, 334  
 piles. *See* haemorrhoid  
 PIT (Psychodynamic Interpersonal Therapy), 228  
 placebo, 56, 233–234  
 plastic pants, 267  
 pneumonia, 50  
 Podophyllum (medication), 236  
 polyp, 131, 134, 350  
 polyunsaturated fat, 187, 188, 189  
 portion size, 184  
 positive thinking, 82, 224  
 possible cause, 65  
 post-infectious IBS (PI-IBS), 67–68  
 posture, yoga, 213–216  
 prebiotic food, 33  
 pregnancy, 199–200, 232  
 preservative, 49  
 Prince's Foundation for Integrated Health, 250  
 probiotic bacteria  
   versus bad bacteria, 33, 34  
   detoxing tips, 193  
   diet guidelines, 323  
   infection, 68  
   overview of, 153–154  
   supplements, 202–203  
 processed food, 45, 49, 188, 317  
 proctalgia fugax, 16, 63, 346  
 proctoscopy, 350  
 productivity, 276  
 progesterone, 98  
 prokinetic agent, 159  
 promotion, 276–277  
 propantheline bromide, 163  
 protein  
   digestion rate, 28  
   food substitutes, 195, 196  
   good versus bad bacteria, 33  
   menu plan, 196  
   overview of, 187  
 protozoa, 68, 142  
 prune, 158  
 psychoanalysis, 227  
 Psychodynamic Interpersonal Therapy (PIT), 228  
 psychological disorder, 19  
 psychological stressor, 84  
 psychological therapy. *See also specific types*  
   bloating-reduction tips, 56  
   children's stress, 293  
   faecal incontinence, 62  
   incomplete evacuation, 63  
   overview of, 223  
   symptom management, 181–182  
   therapist selection, 229–230  
   types, 223–229  
 psyllium, 151–152, 193  
 Pub Med (Web site), 332  
 putrescine, 33
- **Q** •
- qi, 237  
 questions, for doctor, 116–118, 123–125
- **R** •
- radiation colitis, 351  
 radioallergosorbent test (RAST), 81  
 raffinose, 79  
 raw food, 197  
 receptor, 51  
 rectum  
   bleeding, 109–110  
   defined, 351  
   doctor's exam, 119–120, 131  
   faecal incontinence, 62  
   IBS symptoms, 16  
 red stool, 36  
 reflexology, 239  
 reflux, 50  
 registered dietitian, 121–122  
 relaxation  
   general techniques, 239–241  
   herbal remedies, 200  
   massage, 244–245  
   response, 240  
   symptom management, 179–181  
   therapy, 225  
 remedy. *See* treatment  
 research  
   antidepressant studies, 166  
   causes of IBS, 11–12  
   Internet resources, 303–305, 332  
   serotonin studies, 306–310  
 retching, 51  
 Richard Ebbs Web Site, 335  
 roasting food, 198

Rome III Diagnostic Criteria  
 defined, 351  
 doctor's attitude toward IBS, 112  
 medical specialists, 121  
 overview of, 12–13  
 rosemary, 199–200

## • S •

*Saccharomyces boulardii*, 34  
 saline enema, 162  
 saline purgative, 158–159  
 saliva, 24–25, 40  
 saturated fat, 187, 189, 195  
 schedule, daily, 319, 322  
 school, 101, 289–292  
 secretin, 38  
 sedative, 181  
 selective serotonin reuptake inhibitor (SSRI),  
 166, 307–308  
 self-care. *See* symptom management  
 self-help group, 300–303  
 self-hypnosis, 242  
 senna, 160  
 sensitive gut. *See* hypersensitive gut  
 serotonin  
 constipation medications, 159  
 defined, 351  
 diarrhoea medications, 152  
 exercise benefits, 208  
 hypersensitive gut causes, 44  
 recent research, 306–310  
 serotonin-modulating IBS drug, 306  
 sex, 271–272  
 shopping, for food, 196–197  
 SIBO (small intestinal bacterial overgrowth),  
 69  
 sign, 129  
 Simethicone (medication), 56, 156  
 simple carbohydrate, 187, 345  
 single-contrast study, 37  
 skin exam, 119  
 skincare, 267  
 skin-prick test, 80–81  
 sleep  
 exercise benefits, 210  
 IBS triggers, 319  
 life-events diary, 175  
 schedule, 322  
 symptom management, 180–181  
 urgent care signs, 110  
 small intestinal bacterial overgrowth  
 (SIBO), 69  
 small intestine  
 biopsy, 138–139  
 defined, 351  
 digestion process, 28–29  
 gas sources, 35  
 gastroenteritis, 69  
 midgut mobility disorder, 61  
 smells  
 aromatherapy, 243–244  
 of gas, 33, 35, 269–270  
 sensory system, 24  
 social situations, 269–270  
 smoking, 88–89  
 smooth muscle, 163–164  
 snack, 197  
 social life, 263, 264–273  
 Society of Homeopaths, 236  
 sodium salt, 159  
 softening laxative, 160–161  
 soluble fibre  
 bulking agents, 152  
 defined, 351  
 effects, 78  
 food sources, 341–342  
 somatisation disorder, 166  
 sorbitol, 74, 76, 158, 186  
 soy, 79, 189, 197  
 spasm. *See* abdominal pain/spasm  
 Spasmonal (medication), 163  
 spastic colitis/colon, 351  
 specialist, medical, 120–122. *See also specific  
 specialists*  
 sphincter, 351  
 spicy food, 184  
 SSRI (selective serotonin reuptake inhibitor),  
 166, 307–308  
 steaming food, 198  
 stimulant, 180  
 stimulant laxative, 160  
 stomach  
 defined, 351  
 digestion process, 26–28  
 less frequent IBS symptoms, 16  
 nausea and vomiting, 50–52  
 protective functions, 40

- stomach (*continued*)
  - size of, 27
  - ulcers, 11, 30, 36
- stool. *See* faeces
- stool softener, 161
- strength training, 206, 207, 335
- stress
  - career effects, 276–277
  - cause of IBS, 1, 82–84, 319–320
  - children’s IBS, 289–293
  - common stressors, 84
  - control of feelings, 218–222
  - cultural issues, 102
  - daily schedule, 322
  - diary entries, 175, 176–177
  - diet interactions, 203
  - digestion time, 39
  - exercise benefits, 208
  - gas reduction, 53
  - IBS triggers, 66–67
  - incomplete evacuation, 62
  - massage, 244–245
  - online resources, 335–336
  - overview of, 217
  - psychological therapies, 225–226
  - relaxation tips, 180, 239–241
- Stress Management.co.uk (Web site), 335
- stressor, 84
- stretching exercise, 207
- stricture, 351
- sucrose, 74
- sugar. *See also specific types*
  - bloating-reduction tips, 55
  - defined, 352
  - digestion process, 28
  - fat-free products, 317
  - food combinations, 187–188
  - fruit sources, 74
  - gluten-free diet, 40
  - osmotic laxatives, 158
  - pancreatic function, 30
- sulphur, 73, 236
- supine twist, 216
- supplement, dietary. *See also specific types*
  - good versus bad bacteria, 34
  - herbal remedies, 199–201
  - overview of, 198–199
  - serotonin research, 307–308
  - women’s supplements, 100
- support group. *See also* online support group
  - creation of, 334
  - general guidelines, 324
  - overview of, 330–331
  - selection, 331
- suppository, 162
- surgery, 100
- swallowing food
  - digestion process, 26
  - gas sources, 35, 53
  - urgent care signs, 110
- swimming, 335
- symptom management
  - eating habits, 173, 177–178
  - empowering attitude, 172, 324–325
  - exercise programme, 179
  - Expert Patients Programme, 171–172
  - false cures, 173
  - good bowel habits, 178
  - life-events diary, 174–177
  - overview of, 171
  - psychological therapy, 181–182
  - relaxation, 179–181
  - reliable information sources, 173–174
- symptoms
  - amoebic dysentery, 141
  - coeliac disease, 143
  - colon cancer, 142
  - constipation, 59
  - Crohn’s disease, 142
  - dairy allergy, 142
  - defined, 129
  - diagnosable disease versus functional disorder, 44
  - endometriosis, 142
  - gastroenteritis, 69
  - inflammatory bowel disease, 15
  - lactose intolerance, 143
  - midgut motility disorder, 55
  - ulcerative colitis, 143
- symptoms, of IBS
  - causes, 115–116
  - charting, 125–126
  - children’s pain, 286–289
  - common types, 14–15
  - diarrhoea-predominant IBS, 58
  - differential diagnosis, 141–143
  - doctor visit, 108–111, 114–116
  - emergency conditions, 18
  - less frequent types, 15–16

life-events diary, 175  
 mild IBS cases, 46–47  
 overview of, 1  
 primary types, 13–14  
 recent research, 261  
 related problems, 17–18  
 Rome III Diagnostic Criteria, 13  
 sufferer's perceptions, 9–10  
 syndrome, 129

## • T •

tamarind paste, 89  
 tampon, 266  
 TCA (tricyclic antidepressant), 165–166  
 tea, 28, 180  
 teeth, 24–26  
 Tegaserod (medication), 56  
 tenesmus, 15, 110  
 thyrotoxicosis, 129  
 tissue transglutaminase antibody (tTGA), 139  
 TMJ (temporomandibular joint) dysfunction, 25  
 trans fat, 49  
 transactional analysis, 221  
 transit time, 39, 167, 187  
 travel  
   antibiotic medication, 71  
   cultural issues, 102–103  
   exercise programme, 212  
   lifestyle issues, 259–260  
   morning commute, 278–279  
   planning tips, 325  
 treatment. *See also specific treatments*  
   anal pain, 63  
   bloating, 56  
   constipation, 36, 60  
   faecal incontinence, 62  
   helpful tips, 321–328  
   incomplete evacuation, 63  
   life-events diary, 175  
   nausea, 52  
 tricyclic antidepressant (TCA), 165–166  
 trigger, IBS  
   Cognitive Behavioural Therapy, 226  
   constipation causes, 155  
   defined, 66  
   dietary control, 74, 190–194  
   food sources, 73–81, 91, 315–318  
   food substitutes, 195–196  
   IBS symptoms, 66–67

immune system malfunction, 70  
 life-events diary, 176  
 morning routine, 278  
 process, 67  
 top ten, 313–320  
 vomiting causes, 51  
 trimipramine, 166  
 tryptophan, 308–309  
 tTGA (tissue transglutaminase antibody), 139  
 tumour, 352

## • U •

U&E (urea and electrolyte) test, 133  
 UK Council for Psychotherapy, 230  
 UK Foods Standards Agency, 338  
 UK Health Professions Council, 121  
 ulcerative colitis  
   defined, 345, 352  
   differential diagnosis, 143  
   versus IBS, 18  
   questions for doctor, 118  
 unsaturated fat, 187  
 upper gastrointestinal series, 137  
 urea and electrolyte (U&E) test, 133  
 urinary problems, 46

## • V •

vaginal thrush, 100  
 vegetables  
   cooking tips, 197–198  
   diet guidelines, 323  
   digestion rate, 28  
   gas reduction tips, 54  
   menu plan, 196  
 virus, 49, 67  
 visceral hypersensitivity, 43, 83, 97  
 visceral nervous system, 42–44  
 vitamin, 34  
 voluntary muscle, 32  
 vomiting, 50–52

## • W •

water absorption, 31  
 water intake  
   constipation remedies, 157  
   detoxing tips, 192  
   diet guidelines, 323

water intake (*continued*)

digestion process, 26

digestion time, 39

flouride, 89

gas reduction, 53

toxins, 48–49

watery stool, 37

Weekes, Claire (psychologist), 219

weight loss, 96, 111, 186, 208

wheat

bloating-reduction tips, 55

cause of IBS, 77

differential diagnosis, 143

drawbacks of, 186, 189

elimination diet, 194

gluten-free diet, 140

high-fibre diet, 78

leaky gut, 49

substitutes, 195

wheatbran, 151

wheatgrass, 269

white cell count, 133

Willson, Rob (*Cognitive Behavioural Therapy For Dummies*), 226

women

bloating complaints, 55

complementary therapy, 232

constipation incidence, 36

differential diagnosis, 142

exercise benefits, 208–209

faecal incontinence, 265–266

hormones, 97–99

IBS incidence, 93, 95–96

IBS triggers, 318–319

overview of, 94

pelvic examination, 133

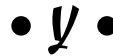
trapped gas, 47

work stress, 77

work. *See* career



X-ray, 136–137



Yahoo! (Web site), 333

yeast

cause of IBS, 72

good versus bad bacteria, 33, 34

Internet resources, 337

leaky gut, 49

Yeast Connection (Web site), 337

yeast infection, 100

yellow-brown stool, 36

yoga, 213–216, 335

yoghurt, 34, 54, 153



zinc oxide, 267







