

## WHAT IS IRRITABLE BOWEL SYNDROME?

The number of people who have symptoms of Irritable Bowel Syndrome (IBS) is astounding. These symptoms include: excessive intestinal gas formation, constipation, frequent diarrhoea, abdominal cramps, rectal itching, "pencil" shaped stools, blood or mucus in the stool, gastritis, and other forms of intestinal discomfort. Of those who seek medical help, most are given drugs that do not treat the root cause but are taken for symptomatic relief only. For those treated in this manner, their problems go on interminably.

IBS refers to the condition where the lining of the Gastro Intestinal (GI) tract becomes inflamed. This thickens the bowel lining and interferes with absorption and motility (the ability of the bowel to contract and move food). Because of this, the function of the bowels becomes disrupted. Vomiting results if the inflammation is in the stomach or higher areas of the small intestines. A watery diarrhoea with weight loss results if the inflammation is in the lower small intestines. A mucous diarrhoea with fresh blood results if the inflammation occurs in the large intestines. Of course, in some cases the entire tract from top to bottom may be involved.

There are many common names associated with IBS: Colitis, Coeliac Disease, Crohn's Disease, Hiatus Hernia, etc.

## COMMON CULPRITS

Someone with IBS does not digest/absorb nutrients well, and no matter how nutritious the food might be, undigested or partially digested food may cause auto-intoxication and a host of health problems such as allergies and skin problems. Some symptoms of IBS are commonly aggravated by refined sugar, gluten, or a combination of both. Foods and drinks that may cause or exacerbate IBS include:

- **Fructose-containing foods:** orange juice and sweet fruits, candy, pastry, etc.
- **Lactose-containing foods:** dairy products like milk, ice cream, etc. However, cottage cheese and yogurt are permitted, as most of the lactose has been removed from them during fermentation.
- **Gluten:** the chief of the culprits is wheat gluten.
- **Carbonated / Caffeinated drinks and alcohol.**
- **Sorbitol & Mannitol containing foods:** sugarless chewing gum, sugarless candy, processed meats, etc.
- **Other foods to be avoided:** beans, sweet corns, chocolates, hot spices, canned meat and processed food.

The avoidance of the above sharply limits the amount of poorly assimilated food that may ferment in the bowel and cause gas, diarrhoea and irritation. To find out which food is a problem, keep a journal that tracks:

1. **What you eat daily.**
2. **What symptoms you have.**
3. **When symptoms occur.**

Being on a diet that is low in fibre and friendly bacteria for an extended period of time may eventually lead to symptoms of IBS. Regular intake of antibiotics can also cause symptoms of IBS, this is why it is important to consistently replenish friendly bacteria that has been killed while on the regular intake of antibiotics.

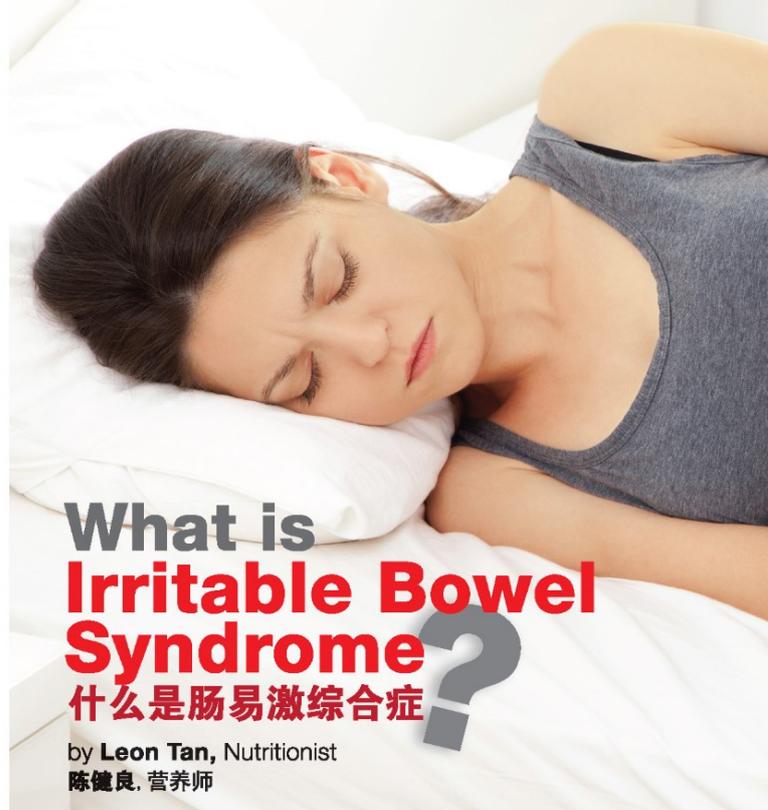
If certain foods trigger your symptoms or make them worse, then you should avoid eating those foods or eat less of them. As the bowel lining heals, most can tolerate small amounts of them. They may be able to handle an orange or some spicy food with no symptoms. However, regular consumption of these foods, such as cakes or ice cream, can trigger the inflammation of the digestive system all over again.

## SOME FOODS MAKE IBS BETTER

### Fibres

Fibre may reduce the constipation associated with IBS because it makes stools soft and easier to pass out. However, some people with IBS who have more sensitive nerves may feel a bit more abdominal discomfort after adding more fibre to their diet. Therefore, add fibre a little at a time to allow the body to get used to it. Too much fibre at once when your body is still not used to it can cause gas, and even pain. If the consumption of fibre does cause any pain or discomfort, it may be better to refrain from taking fibre for the time being until conditions improve. Furthermore, not all fibres are suitable for people with IBS. For example, wheat fibre will most probably aggravate the symptoms of IBS in a person.

Suitable fibre may be found in fruits and vegetables. Examples are avocado, broccoli, cabbage, carrots, brown rice etc.



## What is Irritable Bowel Syndrome?

### 什么是肠易激综合症?

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### 什么是肠易激综合症?

被肠易激综合症 (IBS) 困扰的人数相当惊人。IBS 的徵状包括: 肠内产生过多气体、便秘、经常腹泻、腹痛、肛门瘙痒、粪便细如“铅笔”状、粪便中有血或粘液、胃炎以及任何肠道不适的状况。如果寻求医生的帮助, 大部分都会被配给药物舒缓徵状, 可是大多无法根治, 所以肠胃功能问题没多久就会故态复萌, 问题继续没完没了。

IBS 也是指胃肠道 (GI) 内发炎的状况。这会导致肠管内壁变厚, 进而干扰到肠道的吸收和蠕动 (肠子收缩和移动食物的能力)。因此, 肠道功能受到扰乱。如果炎症发生在胃或小肠中较高的部位就会造成呕吐; 如果在小肠较低的部位发炎就会造成水性腹泻以及体重下降; 若是粘液性腹泻还带血的话通常是大肠内发炎。当然, 也有某些病例是会牵涉到整个肠道。

与 IBS 有关的疾病有几个常见的名称, 例如结肠炎、腹腔疾病、克罗恩病、食管裂孔疝等。

### 引发 IBS 的祸源

受 IBS 困扰的人通常无法好好消化或吸收营养。无论吃下多么富有营养的食物, 若食物无法被消化, 可能会造成自体中毒, 以及带来许多健康问题, 如过敏症和皮肤问题。如果经常摄取含有精制糖、面筋或两者的饮食会导致某些 IBS 徵状恶化。那些可能引发或加剧 IBS 的饮食包括:

- **含高果糖食品:** 橙汁及甜果、糖果、点心等。
- **含乳糖食品:** 乳制品如牛奶、冰淇淋等。不过, 软干酪和优格 (酸乳酪) 是可以被接受的, 因为大部分乳糖已在发酵过程中被消除了。
- **面筋:** 尤其是小麦面筋乃罪魁祸首。
- **碳酸饮料或含咖啡因的饮料和酒精。**
- **含山梨醇和甘露醇食品:** 无糖口香糖、无糖糖果和加工肉类等。
- **其他应避免的食物包括:** 豆类、甜玉米、巧克力、辛辣食品、肉罐头和加工食品。

避开以上的饮食可以大大减轻食物因消化不良, 滞留在肠子里发酵而造成过多的肠气、腹泻与过敏。要知道那一些食物有问题, 必须每天记录饮食日记:

1. **您每天吃下的食物。**
2. **您的徵状。**
3. **徵状在什么时候开始出现。**

如果饮食缺乏纤维或益生菌, 长期之下很可能导致 IBS。如果经常服用抗生素也一样会引发 IBS, 这就是为何必须持续补充益生菌, 因为抗生素会破坏大量的益生菌。

如果某些饮食会引发或加剧徵状, 那么您就应该完全避免或尽量少吃。



这些带问题性的饮食，在当肠道内壁愈合后，大多数人还是可以接受微量的。比方说，吃一粒橙或一些辛辣食物后，他们的身体多数都能接受不会有什么微状。不过，经常吃蛋糕或冰淇淋等的人，很容易会又引发消化系统的毛病。

## 对IBS有帮助的食品

### 纤维

纤维可以减轻与IBS有关的便秘微状，因为纤维能使粪便柔软和容易排出。然而，一些被IBS困扰的人在日常饮食中摄取纤维后会感到腹部不适，那是因为他们们的神经比较敏感。因此，在饮食中增加纤维，需要慢慢加入，好让身体能够适应。一时间摄取太多纤维，身体还未适应，就会在肠胃内产生过多气体，甚至会疼痛。如果纤维会造成身体疼痛或不适，那么最好就暂停摄取直至情况得到改善。还有，并不是所有纤维都适合患有IBS的人，例如小麦纤维很有可能会加剧IBS微状。

适合的纤维可以在水果和蔬菜中得到，例如鳄梨、花椰菜、包菜、胡萝卜和糙米等。

新生命天然净化粉也提供纤维，它含有洋车前子壳、苹果果胶、膨润土、百劳金雀花和纤维素，可以促进肠道蠕动、排除宿便与清除体内重金属毒素，从而有效保护胃肠道的健康。

吸收纤维的同时必须大量喝水，但要避免饮用含咖啡因和碳酸饮料，而是要多喝蒸馏水或花草茶，例如新生命有机甘草绿薄荷草药茶、有机洋甘菊花茶或有机薄荷茶。



NewLife™ Herbal Klenz Powder also provides suitable fibre. It contains psyllium husks, apple pectin, bentonite, butcher's broom and cellulose, which effectively guard your GI from toxicity by easing bowel movement, eliminating encrustation and removing heavy-metal toxins.

Fibre consumption requires an increase in fluid intake too, but avoid caffeinated and carbonated drinks. Instead, take distilled water or herbal teas such as NewLife™ Zinger, Chamomile or Peppermint.

### Enzymes

The lack of digestive enzymes for specific food elements is the basis of most IBS. Insufficiency of enzymes causes undigested food to ferment in the intestines. The end results are irritable intestinal lining, malabsorption, and malnutrition.

It is highly recommended to take 1-2 teaspoons of NewLife™ NZimes PA Plus with every meal. It helps to reduce the bloated feeling and gas, while helping to improve digestion.

### Friendly Bacteria

Every human is endowed with a colony of 'friendly bacteria' at birth. However, poor eating habits, chlorinated drinking water, stress, diseases and the consumption of antibiotics can destroy good bacteria and allow undesirable bad bacteria to multiply.

Regular supplementation of friendly bacteria, Immufora, in particular can prevent the proliferation of harmful bacteria and the diseases caused by a toxic colon, much like having your garden filled with good plants rather than weeds! Immufora provides intestinal flora essential for intestinal health.

### Vitamin C & Spirulina

Bowel lining injury by antibiotics or other drugs is one of the most common ways IBS begins.

By avoiding sugars, the bowel lining is allowed to heal. Vitamin C and Spirulina help speed up the healing process and strengthen the intestinal lining.

Our body does not manufacture vitamin C and we need to supplement it daily. Studies show benefit from supplementation using vitamin C supplements with doses many times greater than those typically obtained from a diet and/or multivitamins.

Scientific research has also found that vitamin C works best when supplemented together with bioflavonoids such as in NewLife™ C Complex. It is apparent that the function of bioflavonoids is to protect vitamin C against cellular destruction.

On the other hand, Spirulina is the most extensively researched food microalgae, well documented in numerous books, journal articles, and periodicals. Many people use Spirulina in their own self-care strategy for more energy, nutritional insurance, weight control and cleansing.

### 酶

食物中缺乏消化酶是引致IBS最大的关键之一，酶的不足会导致未消化的食物在肠道内发酵，最后会导致肠壁过敏、吸收不良和营养失调。

建议每一餐前服用一至两茶匙的新生命胰酶（植物）添加素，能帮助减少胃胀风，并改善消化。

### 益生菌

每个人出生时都具有益生菌，然而不良的饮食习惯、饮用氯化水、压力、疾病及服用抗生素等都可破坏益生菌，让不良的坏细菌繁殖。

经常摄取益生菌如免疫激菌植能防止有害菌的增殖，及预防因结肠有毒而引发的疾病；情形就像您当然喜欢家里的花园是种满美观的植物，而不是杂草呀！所以，必须要定期补充能对肠道菌群健康有助的免疫激菌植！

### 维他命C和螺旋藻

抗生素或其他药物可以导致肠道内壁受损，也是引发IBS常见的主因之一。

避免摄取糖类，肠道内壁比较容易愈合。维他命C和螺旋藻有助加快愈合过程并强化肠壁。

我们的身体无法自己制造维他命C，所以需要每天补充。研究证明服用维他命C保健品，其提供的维他命C比饮食或多元维他命剂所提供的多出几倍。

科学研究还发现，若配合生物类黄酮，维他命C可发挥最佳效用，例如新生命的维他命C综合丸。据所知生物类黄酮可以保护维他命C免于被细胞破坏。

此外，螺旋藻也被公认为是最被广泛研究的微藻食品，很多书籍、文章和期刊也有报道过。很多人都用螺旋藻来保健，希望能获取更多能量、营养、控制体重和清除体内毒素。



## Calcium Supplements

The main reason why calcium supplements are important for IBS victims are as follows:

1. Calcium reduces the acidity of the food stream in the intestines. Excess acid in the intestines severely irritates the bowel lining.
2. It helps reduce one's chances of bowel cancer by reducing cellular proliferation caused by irritation of the lining membranes.

However, not all calcium supplements are equal. They differ in the absorption and utilization of calcium in the body. Some absorption rates can be as low as 5%. NewLife™ Calcium Complex with Boron contains chelated forms of calcium that not only enhance absorption, but also act as chelating agents to remove unwanted toxic metals from the body.

## Peppermint & Chamomile Tea

Drinking Peppermint Tea and Chamomile Tea has been known to soothe and calm symptoms of IBS.

## THE MANIFESTATIONS OF IBS

IBS should be taken seriously even though the symptoms may be mild, because continued irritation could lead to:

- More serious ulceration of the GI tract
- Malnutrition
- Weakness
- Diverticulosis
- Kidney stones
- Gallstones
- Arthritis
- Pruritus ani (rectal itching)
- Haemorrhoids
- Eczema
- Psoriasis
- Cancers (especially colon cancer)

Much research shows that diet plays a key role in the cause and prevention of a wide variety of intestinal disorders. Before contemplating surgery or long-term medication, take charge of your own health through diet now. There is hope for you. It is not too late!

## 钙质补充品

为什么受IBS困扰的人需要补充钙?

1. 钙能减少肠道中食物的酸度。肠道中的酸液若有过量会严重刺激肠内壁。
2. 减少因内层膜的刺激而引起的细胞增殖，进而有助减少患上结肠癌的风险。

然而，并不是所有的钙质保健品都拥有相同功效，它们的区别在于能被人体吸收、运用的比率。某些钙质保健品所提供的吸收率可低至5%。新生命钙合成剂加硼包含螯合钙，不仅能提高吸收，还能扮演螯合剂，用来清除体内有害、有毒的金属。

## 有机薄荷茶和有机洋甘菊花茶

喝薄荷茶及洋甘菊花茶可以舒缓、安抚IBS的徵状。

## IBS的表现形式

IBS需要被认真看待，即使徵状比较温和无杀伤力，可是一旦持续，也可能会导致：

- 加剧胃肠道溃疡
- 营养不良
- 疲弱
- 肠憩室病
- 肾结石
- 胆结石
- 关节炎
- 肛门瘙痒（直肠瘙痒）
- 痔疮
- 湿疹
- 牛皮癣
- 癌症（尤其是结肠癌）

很多研究证明，在饮食方面着手是预防肠道疾病最大的关键。如果不想动手术或长期服药，就要对自己的健康负起责任，通过饮食照顾健康！这是唯一的希望，只要肯开始，永远不会太晚！