



Natural Health Research Institute

Your One-Stop Website for Research on Natural Health and Wellness

April 2024

www.naturalhealthresearch.org

Naturally Improve Irritable Bowel Syndrome (IBS)

Irritable bowel syndrome (IBS) is a common and chronic disorder of the gastrointestinal tract that can have a considerable impact on quality of life. The American College of Gastroenterology estimates that 10-15 percent of U.S. adults suffer from IBS symptoms. The condition is more common in women; however, it can occur in anyone and affects people of all ages, even children. Symptoms of IBS can range from mild to severe. The most common symptoms of IBS are abdominal pain, cramping, gas, bloating and a change in bowel habits. People with IBS may go back and forth between having constipation and diarrhea or mostly have one or the other.



Doctors don't know the exact cause of IBS or how to cure it. Experts think that a combination of risk factors may contribute to developing the condition. These include having altered gut bacteria, suffering a severe GI tract infection, having certain mental disorders such as depression or anxiety, food intolerances, and experiencing severe stressors in childhood.

IBS is different for everyone and managing it can be challenging. Some people find success controlling IBS with an elimination diet or by following a specific dietary regimen such as the Low-FODMAP diet, which limits certain types of carbohydrates. Digestive disease experts advise patients living with IBS to work on reducing stress, getting adequate sleep and exercise, drinking plenty of liquids and slowly increasing fiber intake. IBS can respond very well to natural remedies such as peppermint, ginger, fennel, and apple cider vinegar. Taking probiotics can also help in reducing IBS-associated inflammation levels in the intestine and maintaining balance in the gut.



[Healthy Lifestyle Habits Are Significantly Associated with a Low Risk of Developing IBS](#)



[Irritable Bowel Disease Subjects Have Significantly Lower Intakes of Vitamin D and Vitamin K Compared to Controls](#)



[Propolis May Reduce Severity and Frequency of Abdominal Pain in Subjects with IBS-C and IBS-M](#)



[Psyllium Husk Effective for Pediatric Irritable Bowel Therapy in Short Term Compared to Placebo](#)

April is Parkinson's Disease Awareness Month



Parkinson's disease is a neurodegenerative condition that occurs when nerve cells responsible for the production of dopamine (a brain chemical that helps control muscle movement) slowly die off. It is characterized by its most common of motor symptoms—tremors, stiffness or rigidity of the muscles, and slowness of movement. Many people with Parkinson's also experience other problems not related to movement. These include pain, sleep problems, constipation, anxiety, depression, cognitive changes and fatigue, among others. Parkinson's disease progressively worsens over time, although the rate of worsening varies greatly from one person to another. The Parkinson's Foundation estimates that 60,000 Americans are diagnosed with the disease every year.

As of today, there is no cure for Parkinson's disease but there are many ways in which the disease can be treated to make the symptoms more manageable. Complementary and alternative therapies have proven beneficial, with exercise being the most essential component to overall disease management.

[View research on natural and alternative therapies for Parkinson's disease.](#)

Recent Posts



Omega-3 Fatty Acids Associated with Lower Risk of Total Stroke

Written by Taylor Woosley, Science Writer. A significant inverse relationship was shown for DHA, EPA, and DHA+EPA for both total stroke and ischemic stroke ($p < 0.05$). [Read more »](#)



The Association Between the Intake of Mushrooms and Algae (Seaweed) and Cognitive Impairment

Written by Harold Oster, MD. Results of this study suggest that consumption of mushrooms and algae is associated with a decreased risk of cognitive impairment in older adults. [Read more »](#)



Higher Intake of Berries Associated with Lower Allostatic Load

Written by Taylor Woosley, Science Writer. Findings of a cross-sectional research analysis of 7684 NHANES participants shows that consumers of total berries ($p = 0.0026$), strawberries ($p = 0.013$), and blueberries ($p = 0.008$), respectively, had significantly lower mean AL composite scores, compared to subjects who did not consume berries. [Read more »](#)

[Donate to help support our mission](#)

[Visit our website at www.naturalhealthresearch.org](http://www.naturalhealthresearch.org)

Follow us:

