



HEALTH AWARENESS

Stressed Out? So Is Your Digestive System

(NAPSA)—Stress caused by worrying about such things as the economy, the flu or your job may also be causing stress on your digestive system.

In fact, experts now say stress can play a major role in a wide range of digestive problems, including Irritable Bowel Syndrome, or IBS. Irritable Bowel Syndrome is a disorder characterized most commonly by cramping, abdominal pain, bloating, constipation and diarrhea. While stress has not yet been shown to be a direct cause of IBS, studies are showing that stress can trigger symptoms, causing a great deal of discomfort for as many as 60 million Americans.

Long hours, busy schedules, and eating on the run or not at all can disrupt your digestive system, causing uncomfortable symptoms such as gas, bloating or constipation. Stress can also take its toll on your immune system, which may trigger IBS-related symptoms.

Although your digestive system can withstand a lot of stress (from the foods you eat to emotional overload), it can only do so for a limited period. Over time, the negative effects can accumulate and create health problems in the long term.

Regardless of your lifestyle or whether you've been diagnosed with IBS, here are five easy steps you can take to help control your symptoms and maintain the health of your digestive system:

1. Eat a healthy diet low in fat.
2. Try eating six small meals a day rather than three larger ones.
3. Drink plenty of water.
4. Reduce/manage your stress levels.
5. Take an IBS-specific medical food daily.



The National Institutes of Health estimates that as many as one in five Americans have some signs of Irritable Bowel Syndrome (IBS).

The FDA defines “medical foods” as foods that are specially formulated and intended for the dietary management of a disease that has distinctive nutritional needs that cannot be met by normal diet alone. A medical food can help people cope with the symptoms of IBS triggered by diet or stress.

For example, Digestive Advantage Irritable Bowel Syndrome is a widely available medical food specifically designed for the daily dietary management of IBS-related symptoms. It has been clinically shown to help with digestive discomforts and can help manage a variety of digestive symptoms, including those associated with IBS, lactose intolerance and intestinal gas and bloating.

Digestive Advantage IBS is available at over 40,000 nationwide retail outlets, better pharmacies and deep-discount supercenters. To learn more, visit www.DigestiveAdvantage.com or call (800) 456-0276.