



Live your Inspired Life

Low FODMAP Diet Coaching

What is IBS?

What causes IBS?

The exact cause is unknown but it is believed that the brain-gut communication link is faulty in those with IBS. This makes the intestines contract or spasm in an abnormal way, which causes pain. These contractions can speed up the passage of matter through the bowel resulting in diarrhea or it slows it down resulting in constipation. The gut of an IBS sufferer is hypersensitive to digestive signals and to pain. Why this is so is yet to be discovered.

Is it hereditary?

Studies have revealed that the chances of getting IBS are higher in the sibling or child of an IBS sufferer. Whether that is hereditary or as a result of the same environment is unknown.



Does stress play a part?

Stress definitely plays a part in worsening symptoms. Psychological factors affect the link between the brain and the gut, and nerve signals can be misinterpreted by the brain. However, it is not the cause of IBS.

Does food cause the problem?

IBS sufferers have always known that certain foods like chocolate, fizzy drinks, fatty foods, milk, certain candies and alcohol have exasperated their symptoms, and we now know that food is the major player in causing the IBS symptoms.



Will an infection in the digestive system cause IBS?

When a patient has had an infection caused by a water-borne germ with severe diarrhea, then their chances of getting IBS are raised.

Does an imbalance of good bacteria in the gut cause problems?

It may contribute to IBS but the theory that too many bacteria in the small intestine may cause IBS is controversial. Research is continuing in this area.