The #1 Overlooked Cause of IBS (And How to Heal Your Gut) Transcript

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IBS and the Search for Root Causes

Are you one of the millions of Americans that have irritable bowel syndrome? Well, there can be a very specific, precise treatment that can help you. In this video, I'm going to tell you about the research which is identifying why so many people have Irritable Bile Syndrome and the root cause isn't being treated.

I'm Dr. Mark Stengler. I've been practicing integrative medicine for 30 years and I have treated many thousands of patients with gut disorders, including small intestine bacterial overgrowth and irritable bowel syndrome.

Common IBS Symptoms and Underlying Triggers

was considered by many conventional doctors to be a mysterious condition with no clear cause, often thought to in the mind of the patients or simply a reaction to stress.

Of course, this is nonsense. The majority of cases of irritable bowel syndrome are caused by real physical issues. This is what the research shows. And so for 30 years, I've helped patients successfully treat IBS without using medications.

And we do that by addressing the underlying causes such as food sensitivities, microbiome imbalances, fungal overgrowth in the gut, leaky gut and undiagnosed gut infections.

So people with IBS experience a variety of different types of symptoms. If you have it, you know what I'm talking about. Chronic bloating, abdominal pain, diarrhea, constipation or alternating constipation and diarrhea.

SIBO as a Major Cause of IBS

While stress and diet can worsen symptoms, new research shows that in many cases, IBS may be actually caused by an underlying problem in the small intestine, known as small intestinal bacterial overgrowth, also known Evil occurs when there's excess of bacteria, normally found in the large intestine, and it migrates up and multiplies in small intestine.

And of course, these bacteria do not belong in a small intestines in such large numbers. Then the bacteria ferment carbohydrates from food and early in digestive system, you produce gases such as hydrogen and methane.

You can also produce hydrogen sulfide. And this results in bloating, gas, discomfort, changes in bowel habits that are identical to IBS symptoms. But you can test for SIBO simply with a breath test.

And, this measures gases that go up or rise after consuming a sugar solution.

Testing and Treating SIBO

This is really the standard diagnostic tool for detecting SIBo. Now, studies suggest that a majority of patients diagnosed with Ibs, especially those who have bloated or diarrhea, often have SIbo.

I've seen some research showing as high as 75% of cases. So treating the bacterial overgrowth often leads to significant improvement or even complete resolution of IBS symptoms.

Standard treatment includes antibiotics, targeted antibiotics. That's what's usually used by gastroenterologists. However, in integrative medicine, we like to use herbal antimicrobials.

Things like berberine, for example, can work very well. And then we make dietary changes. Reducing foods that are fermenting easily in the gut, like the low FODMAP diet for a short period of time, that can be very helpful.

In addition, we want to improve digestive function. Increasing stomach gas, increasing enzyme level will help to break the food down better and create less symptoms.

So recognizing that SIBO is a root cause of IBS offers hope for millions of people who have struggled with this very chronic digestive condition.

Integrative IBS Treatment and Next Steps

Rather than just managing symptoms with fiber, laxatives, antispasmodic medications, by testing and identifying that you have SIBo and following an integrative protocol, you can have tremendous success.

And this is what I have seen with many, many patients. So, IBS is not a vague functional disorder, but a treatable consequence of microbial disruption in the small intestine.

So I highly recommend you get tested, work with an integrative doctor, incorporate dietary approaches, specific supplements that can help with SIBO, and in a small amount of cases, you might need antibiotic therapy for a short period of time.

But in any event, SIBO can be treated very effectively. If you want to read more about IBS and SIBo, you can see articles at my website, markstengler.com, or my book, The Holistic Guide to Gut Health.

Hope you liked this video. Make sure to like and subscribe to the channel.