

Irritable bowel syndrome (IBS)

IBS is an umbrella name given to many symptoms like bloating, constipation, diarrhoea etc.

IBS is extremely common and more so in women.

Here are some of the most common causes of IBS?

SIBO

Small intestine bacterial overgrowth can hinder your intestines' ability to do its job properly. It is estimated that 84% of IBS cases are down to SIBO.

Food sensitivities

These are a known trigger of IBS. If your immune system reacts to a certain food, it can impair your digestion.

Gut Dysbiosis

Imbalance in the gut microflora (bacteria) can lead to IBS symptoms.

Chronic stress

This can be both a cause and symptom of IBS, as your gut and your brain are talking to each other constantly via the gut-brain axis.

Leaky gut

Intestinal hyperpermeability or leaky gut, can trigger an immune reaction. The resulting inflammation can lead to digestive disturbance and IBS.

Childhood trauma

Family conflict, severe illness or the death of a loved one in childhood can increase the risk of developing IBS later in life.

An over-sensitive nervous system

IBS sufferers tend to have overactive nervous systems, which affects the digestive process.