



# Center for Acupuncture and Herbal Medicine, P.A.

## **IRRITABLE BOWEL SYNDROME CONSTIPATION/DIARRHEA GAS/BLOATING/ABDOMINAL DISTENTION**

Within the Chinese medical paradigm, symptoms of irritable bowel syndrome (IBS) are frequently attributed to stagnation in the Liver system and a weakness in the Spleen system. *Liver depression*, or stagnation of energy in the Liver system, is the result of the body's inability to cope with stress. Over time, this results in a further weakening of the Liver system creating a greater vulnerability to disorders such as IBS.

Weakness in the Spleen and Stomach systems occur over time primarily from:

1. Poor nutrition and improper dietary choices
2. Eating at irregular schedules
3. Overeating or undereating
4. Eating too fast or while "on the run"
5. Eating while upset
6. Overthinking and worry
7. Excessive cold foods and drink
8. Consuming too many calories
9. Consuming too much liquid
10. Improper food combining
11. Inherited weakness

Overburdened by any number of the preceding, the Spleen and Stomach systems become increasingly unable to perform their duties and digestive troubles such as IBS result.

### **WHY ACUPUNCTURE AND HERBS?**

A great deal of research has been done on the Chinese medical treatment of IBS, especially in the People's Republic of China. In the *Shanghai Journal of Chinese Medicine* (#3, 1992), Chen Wei-di shared his impressive results in treating 120 IBS patients with Chinese herbal medicine. Eighty-one patients (68%) reported a *complete cure*, while another 31 (28%) received *good results*. Most of these patients experienced results within the first month of taking herbs. In the *Zhejiang Journal of Chinese Medicine* (#3, 1998), Hone Zhe-ming reported treating 156 cases of IBS with Chinese herbs and achieved a total amelioration rate of 91%. In this study, 62 cases were cure and 80 others experienced significant relief.