

Irritable Bowel Syndrome (IBS) Effectively Treated With Digestive Enzyme Supplements and Probiotics

Consumers and health professionals can learn how digestive enzyme supplements and probiotics can strengthen the digestive process and effectively treat Irritable Bowel Syndrome (IBS) from "Digestive Wellness" author Elizabeth Lipski, PhD, CCN

(PRWEB) January 12, 2006 -- Consumers and health professionals can learn how digestive enzyme supplements and probiotics can strengthen the digestive process and effectively treat [Irritable Bowel Syndrome](#) (IBS). According to Dr. Liz Lipski, nationally-known nutritionist and author of "Digestive Wellness", there is no single cause for Irritable Bowel Syndrome, rather several underlying causes including infection, food allergies, stress, and nutritional deficiencies.

An estimated 10-20% of Americans suffer from [Irritable Bowel Syndrome](#) (IBS), which is the most common gastrointestinal complaint. Irritable Bowel Syndrome is characterized by diarrhea, chronic constipation, alternating diarrhea and constipation, gas, bloating, intestinal pain, and spasms.

Dr. Lipski asserts in Digestive Wellness that the typical recommendation is to increase dietary fiber, which is helpful, but falls far short of resolving Irritable Bowel Syndrome in most cases. Clinical work at the Transformation Enzyme Corporation now reveals that most [Irritable Bowel Syndrome](#) sufferers respond well to treatment with digestive enzyme supplements and probiotics because Irritable Bowel Syndrome is stress related and by increasing support of the digestive function, stress on the digestive system is reduced.

"I'm now using the combination of digestive enzyme supplements and probiotics with my [Irritable Bowel Syndrome](#) clients and I'm seeing very positive results," said Dr. Lipski. "Many clients report a significant improvement in the first week of treatment."

Dr. Lipski gives the following tips to alleviate Irritable Bowel Syndrome:

- *Increase dietary fiber
- *Drink at least 6-8 glasses of water each day
- *Take probiotic supplement twice daily
- *Take digestive enzymes with each meal
- *Take 1-3 protease enzymes twice daily on an empty stomach (these enter the blood stream and help remove bacteria and other unwanted material)

Find more information on how to treat [Irritable Bowel Syndrome](#) with digestive enzyme supplements and probiotics by visiting www.InnovativeHealing.com/topics/ibs. Healthcare professionals can visit www.TransformationHealthSystems.com for more information.

About Innovative Healing

Dr. Lipski is a nationally-known nutritionist and author of Digestive Wellness (3rd Edition McGraw Hill), which details how faulty digestion affects health issues from migraines to schizophrenia. She's the founder of Innovative Healing which provides nutrition information, supplements, and weekly health tips. She resides currently in Asheville, North Carolina and consults nationally.

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