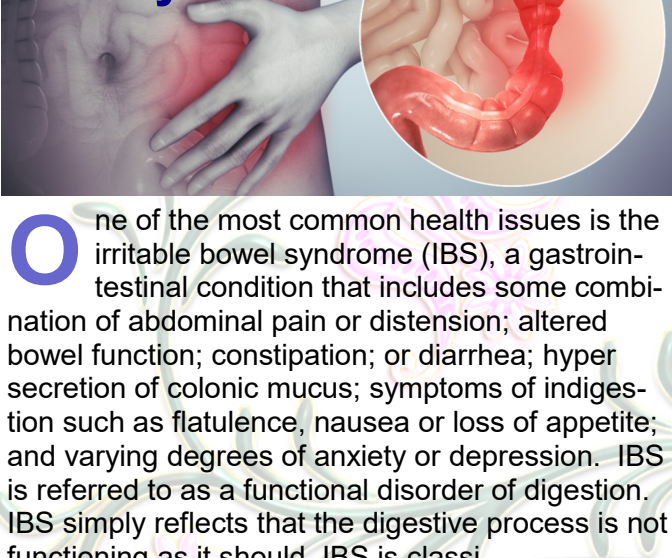


# PLANET HEALTH'S NEWSLETTER



## Irritable Bowel Syndrome

One of the most common health issues is the irritable bowel syndrome (IBS), a gastrointestinal condition that includes some combination of abdominal pain or distension; altered bowel function; constipation; or diarrhea; hyper secretion of colonic mucus; symptoms of indigestion such as flatulence, nausea or loss of appetite; and varying degrees of anxiety or depression. IBS is referred to as a functional disorder of digestion. IBS simply reflects that the digestive process is not functioning as it should. IBS is classified into three main types depending on the predominant bowel problem:

- IBS-C (constipation)
- IBS-D (diarrhea)
- IBS-M (mixed type)

### What Causes IBS?

Stress, insufficient intake of dietary fiber, food intolerance/allergy and meals too high in sugar. However, lack of digestive enzymes is clearly a factor for many with IBS. IBS is also associated with small intestinal bacterial overgrowth (SIBO). The presence of microorganisms overgrowing in the small intestine produces a lot of gas as other digestive symptoms. It is now believed that the majority of cases of IBS are due to SIBO, which historically includes all of the typical symptoms of IBS along with other associated symptoms including:

- Brain "foginess"
- Fatigue
- Joint Pain
- Skin issues: acne, eczema, rashes or rosacea
- Weight Loss

### What Are the Important Dietary Recommendations for IBS?

Simply eliminating sugar in the diet is effective in many cases. It may be the easiest place to start for most people. Certain foods are known to create digestive disturbances such as excessive gas. Bloating and changes in regularity. Nearly two out of three patients with IBS are intolerant to one of more foods. The most common foods causing problems in IBS are milk and dairy products, corn, wheat, as well as other sources of gluten, eggs, peanuts and chocolate. Many people diagnosed with IBS may in fact simply be lactose intolerant, as studies have shown that IBS patients have a high rate of lactose intolerance, with resolution of IBS symptoms upon lactose limitation or removal, or supplementation with lactase, which is an enzyme that breaks down lactose so that it can be absorbed.

Resource: vitamin retailer magazine

## 3RD QUARTER 2020



### NATURAL SUPPORT FOR IBS

- **Berberine:** an alkaloid found in many plants including goldenseal, barberry and goldthread. Berberine can provide benefits in IBS and SIBO by improving gastrointestinal motility as well as by reducing the number of organisms in the small intestine.
- **Enteric-coated Peppermint Oil:** It works by improving the rhythmic contractions of the intestinal tract and relieving intestinal spasm. Additional benefit is their efficacy against bacteria or *Candida albicans* that maybe overgrowing in the small intestine.
- **Probiotics:** Multi strain probiotics with a concentration of 10 billion CFU/day has the best chance of providing a clinically meaningful outcome for IBS sufferers.
- **High-fiber Diet:** Eat a high-fiber diet including plenty of fruits and vegetables.



## What's New?



## The Next Evolution of Fish Oil



### Advanced Omega

Traceable and Sustainably Sourced only from Anchovy, this high potency Omega-3 formula supports heart, brain and overall wellness.†

### DHA 1,000mg

Traceable and Sustainably Sourced only from Anchovy, this high potency DHA formula supports eye, brain and heart health.†

### Alaskan Cod Liver Oil

Line-caught, Traceable and Sustainably Sourced Cod naturally contains vitamins A & D, DPA and Specialized Pro-Resolving Mediators to support heart, brain, vision and joint health.†

### Prenatal DHA

Traceable and Sustainably Sourced only from Wild Caught Tuna in the Mauritius Islands, this high potency Prenatal DHA + vitamin D3 formula supports healthy pregnancy, lactation and brain development in babies.†

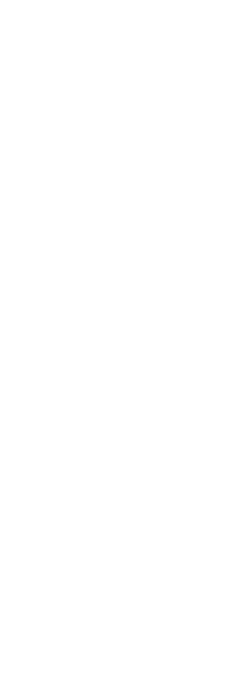
### Prenatal DHA Vegan

Traceable and Sustainably Sourced only from ALGAE, this Vegan DHA formula supports healthy pregnancy, lactation and brain development in babies.†

## WINESTIQ™

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