**IBS-Irritable Bowel Syndrome**

**Information You Should Know About Irritable Bowel Syndrome**

The symptoms of Irritable Bowel Syndrome (IBS) are due to the disorder in the function and not in the structure or integrity of the intestinal tract. The exact nature of the symptoms varies, depending on the location of the affected part of the intestine. The disorder in function, however, usually results in spasms of the smooth muscle which lines the bowels. This muscle is under the control of the autonomic (involuntary) nervous system. A spasm may result in cramping, diarrhea, constipation, mucous in the stools, “gas pockets,” abdominal bloating, swelling or other symptoms.

The cause of IBS is unknown. You are more likely to have this problem if someone else in your family has had it; however, there is often no family history of the problem. Many patients with this condition have found that symptoms are brought on or aggravated by emotional stress or tension. In some cases, however, no inciting factors can be identified.

You should be aware that many individuals in our society have this syndrome. Most cases are mild and even more severe cases usually respond to the regimen outlined below.

Initially you may be asked to follow the regimen as a therapeutic trial for symptoms which may be due to IBS. If you respond as expected, you will be asked to continue this regimen indefinitely. If, after several months you have been totally symptom-free, you may elect, on a trial basis, to discontinue the KONSYL. If you do so, you must realize that you are again on a trial period. If your symptoms recur, you will be asked to resume the KONSYL as before.

If you have not responded to the initial therapeutic trial, you may need further consultation with the physician.

**Instructions**

1. Take one rounded teaspoon of KONSYL every morning and every night. KONSYL is 100% psyllium bowel normalizer which will aid in establishing regularity regardless of your bowel condition (i.e., diarrhea or constipation). Instructions for mixing and liquid intake should be followed carefully for best results. When you first begin to take KONSYL, you may feel more bloated for a few days and you will notice that your bowel movements are larger in quantity. Do not be alarmed. This is a result of the added bulk to which your system will soon adjust. However, if you experience difficulty in taking KONSYL, other forms of bulk or fiber may be used as an alternative. These include 100% bran cereal (1 cupful, morning and night) or unprocessed bran which you can get at any health food store (1 tablespoonful, 3 times a day).

2. You may also be given a prescription for a drug which has antispasmodic and calming effects on the intestinal tract. This drug will not be efficacious unless you are taking KONSYL (or equivalent) regularly as prescribed. The drug may have some sedative effect as well. It should not, therefore, be taken at any time when you must be fully alert until you are aware of its effects on your own.

3. You should be able to eat almost all types of foods. If, however, you find that every time you eat a certain food, it makes you sick, then you should avoid that particular food in the future.

4. Other forms of bulk or fiber which can be used in place of KONSYL include 100% bran cereal (1 cupful morning and night) and unprocessed bran which you can get at any health food store (1 tablespoon 3 times a day).